Better Homes and Gardens.

365 30-minute meals

inspiring meals for every day of the year

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Editor: Jan Miller

Contributing Editor: Jeanne Ambrose

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Publisher: Natalie Chapman

Associate Publisher: Jessica Goodman

Executive Editor: Anne Ficklen

Editor: Meaghan McDonnell

Production Editor: Abby Saul

Production Manager: Diana Cisek

Interior Design: Jill Budden

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Ready, Set, Cook

Be forewarned. These 30-minute dishes will banish blandness and feed cravings. They'll help you avoid the breakfast sprint, the lunchtime rush, and the dinner dash. Even in crunch time, these go-to meals provide plates full of big flavor, all homemade in half an hour. Look for these icons throughout the book when choosing recipes.



Healthful



Kid-Friendly



Quick and Special

Power Up the Pantry

Keeping a pantry stocked with basic ingredients gives you a head start on creating quick meals. When you do need to go to the store for fresh meat or produce, you'll be able to dash in and out, knowing you have a pantry full of staples at home. These lists show ingredients often used in recipes in this book to quicken your prep and cooking time. Tailor your pantry according to foods you love, including must-have spices and condiments.

FOR THE SHELF

- Beans, canned (kidney, black, cannellini)
- Bread (baguette, ciabatta, focaccia, country Italian)
- Broth, canned (chicken, beef, vegetable)
- Couscous
- Flour
- Garlic
- Mandarin oranges
- Nuts (almonds, peanuts, pecans, walnuts)
- Oils (canola, olive, vegetable)
- Onions
- Pasta, dried (small shapes including orzo, macaroni, and shells cook quickly)
- Pouches of cooked rice (brown, white, blends)
- Roasted red sweet peppers
- Salsa
- Salt, pepper, herbs, and spices
- Soy sauce
- Sugar (granulated, brown)
- Tomatoes, canned and diced or stewed (plain, Mexican-style, Italian)
- Tuna, canned
- Vinegar (cider, red and white wine, balsamic)

FOR THE REFRIGERATOR

- Bacon
- Butter or margarine
- Cheese (cheddar, feta, Parmesan, Swiss)
- Cooked chicken (grilled or roasted)
- Cream cheese and flavored cream cheese sauces and spreads
- Eggs
- Fresh ginger
- Lemons
- Mayonnaise
- Milk
- Pesto
- Polenta, cooked (plain, flavored)
- Potatoes (including sweet), cooked and refrigerated (diced, hash browns, mashed, wedges)
- Precut vegetables
- Salad dressing (Asian-style, Italian, vinaigrettes)
- Salad greens
- Shredded cabbage with carrot (coleslaw mix)
- Smoked sausage
- Spinach
- Sour cream
- Tortillas (corn, flour)
- Yogurt

Embrace Convenience

When time is tight, reach for no-fuss convenience foods to trim prep and cooking time. Here are some options for serving up flavor—fast.

Shop the refrigerated section and the produce area. Look for ready-to-serve crepes; steamed black-eyed peas, lentils, and red kidney beans; peeled and cooked baby beets; ready-to-eat edamame (soybeans); and peeled garlic and shallots.

Take advantage of the salad bar. Pick up chopped celery, carrots, olives, onions, or other fresh vegetables.

Reach for deli-roasted chicken. Grilled chicken breasts or strips means cooking time is eliminated.

Pick up quick-cooking refrigerated pastas, including fettuccine, linguine, tortellini, and ravioli.

Check out refrigerated cooked beef roasts au jus, meatloaf, beef tips, and cooked pork roasts.

Try shelf-stable cooked polenta, plain and flavored.

Use refrigerated potatoes that are peeled, sliced, diced, mashed, and/or flavored for you.

Play with purchased pesto. Heat it up and drizzle it in an omelet, stir it into mashed potatoes, add it to cooked vegetables or pasta, or use it as a sandwich spread.

Serve Simple Sides

Plump up your plate by adding quick-to-the-table side dishes, including salads, fruits, and vegetables. Try these options.

- **Fresh breads from the supermarket bakery—great for dipping in soups or stews or toasting on the grill.**
- **Refrigerated mashed potatoes—stir in fresh chopped herbs or sprinkle on shredded cheese.**
- **Prewashed salad greens—top with berries and pecans or almonds and toss with a vinaigrette.**
- **Deli salads—choose from coleslaw, broccoli, pasta, bean, and potato salads. Boost the flavor with a bit of finely chopped jalapeño peppers, dried cranberries, or a handful of fresh chopped herbs.**
- **Quick-cooking rice or refrigerated pastas can be simply served or dressed up with a splash of coconut milk, orange juice, or a flavored olive oil. And just about everything is better with basil, especially fresh and chopped.**

Canned or Frozen?

Canned and frozen vegetable and fruit options make the goal of eating the recommended five servings a day easily attainable. Both options have nutritional value and are often less expensive than fresh produce. Before purchasing, consider these tips.

1. Rinse and drain canned fruits and vegetables before using.
2. Buy no-salt-added canned vegetables
3. Opt for canned fruits in light syrup or in natural juices.
4. Pick frozen vegetables that have no salt or sodium added.
5. Choose frozen vegetable packs that do not have sauces, butter, or flavorings added.
6. Buy frozen fruit without added sugar.

Seek Out Shortcuts

- Purchase precut fresh vegetables, presliced mushrooms, bagged salad, and slaw mixes, or prepared salsas and sauces. Jars of roasted red peppers also shave prep time (no more roasting and peeling your own).
- Choose ready-made sauces and cheese blends, allowing you to use fewer ingredients to achieve saucy results. Global-inspired sauces offer worldly flavors. Simmer sauces, available in a variety of flavors, make easy work for weeknight meals. Just brown chicken or meat and/or vegetables, pour on the sauce, and heat until the poultry, meat, or vegetables are cooked through. Simmer sauces also perk up pasta or rice dishes.
- Shake seasoning blends over almost any dish to enhance its flavor.
- Go for ingredients with built-in flavor such as seasoned pork tenderloin. Some options include lemon-pepper, Italian, chipotle, and herb and garlic. Roast them whole or cut up or cubed for kabobs or stir-fries.
- Start with purchased precooked beef, pork, or chicken. It's a great way to speed up a traditionally slow-cooking dish. All you need is a few minutes of reheating time. Or, if you'd rather cook your own meat, make a bonus batch, such as extra chicken breasts or a roast, which can be tossed into a main-dish salad or added to quesadillas the next day.
- Jazz up an everyday sauce, such as marinara, for a quick meal. Stir any of the following into the sauce and serve over pasta: chopped olives, shredded mozzarella or Parmesan cheese, sautéed zucchini slices, crisp-cooked bacon, or slivers of prosciutto.

Cook with Timesaving Appliances

Microwave oven It's an easy, no-mess way to melt butter, thaw meats and poultry, steam fresh or frozen veggies, or reheat precooked rice or pasta.

Food processor This chopping, mincing, and pureeing machine comes in handy during prep time. Prepare extra ingredients, such as chopped onion or sweet pepper, to freeze for later meals.

Necessities

Colander Use this stainless-steel or enamel-coated steel perforated bowl to drain boiled vegetables or pasta and hold foods while rinsing.

Silicone scrapers Get the last bits of whatever's in your bowl, jar, or pan with a heatproof scraper. They also work well for folding ingredients together and spreading.

Measuring spoons Use to measure both dry and liquid ingredients. These nested spoons commonly come in sets that include a tablespoon, teaspoon, ½ teaspoon, and ¼ teaspoon.

Graduated measuring cups Also called dry measuring cups, use these for only dry ingredients, such as sugar, and soft solids, such as shortening. Most sets come with a cup, ½ cup, ⅓ cup, and ¼ cup.

Liquid measuring cups Place this clear glass or plastic measuring cup on a level surface to ensure you measure all of your liquid ingredients accurately. The 1-cup and 2-cup measurers are a must for any kitchen.

Wooden spoons Stirring thick batter and dough is an easy task using these sturdy spoons. And because they're made of wood, they stay cool and don't scratch nonstick cookware.

Vegetable peeler Its obvious function is to remove the skin from vegetables, but it can also be used to create chocolate shavings or cheese shavings from chunks of aged cheese.

Egg separator Separating the yolk from the white by tossing the yolk from shell to shell can spread harmful bacteria. This handy gadget cradles the yolk over a cup that catches the white.

Bottle/can opener A sharp, round, rotating blade cuts into the edges of the can as you turn the handle. After opening, handle the lid with caution; it can be as sharp as a knife.

Box grater Sharp-edged holes or slits are used to grate or shred foods into finer pieces. The smaller the hole or slit, the finer the food.

Turner/spatula Flip and serve anything you've grilled, broiled, baked, or panfried.

Tongs Toss a salad, flip cutlets in a frying pan, or snag pickles out of the jar with this handy tool. Some have a locking mechanism for easy storage.

Whisk This tool is a must for beating eggs and other ingredients, but can also be used for making smooth sauces.

Useful Extras

Rolling pin Whether wood, ceramic, metal, silicone, or marble, use it to roll out piecrust, pizza dough, or puff pastry. Rolling pins come in classic roller style or a French-style, an elongated rod with tapered ends.

Slotted spoon Useful for removing solids from liquids, such as ground beef from its grease. Use this for stirring too.

Fine-mesh sieve Instead of a colander, use this when handling fine foods. It can also be used for sifting.

Pastry brush Brush on glazes, oils, pan juices, and drippings to the meat you cook. These brushes are also great for greasing pans before baking.

Pastry blender If you like to bake biscuits or pies, this is a helpful tool for cutting cold butter or shortening into flour.

Citrus juicer Make juicing lemons, limes, and oranges a cinch with this handy gadget. A juicer often comes with a sieve that strains the pulp and seeds and a spout for easy pouring.

Potato masher For fluffy mashed potatoes, try this low-tech tool. Easily mash bananas for baking.

Kitchen timer Avoid overdone or underdone with a kitchen timer. Digital timers can help you time cooking steps down to the second.

Pizza cutter Slices or squares, cut your pizza the way you want it.

Microplane Depending on the size of the hole or slit in the metal tool, this handheld grater can grate, shave, zest, or shred.

Cheese slicer Slicing cheese is easier with the right tool. Most have an adjustable wire to slice thinner or thicker pieces. Don't have a slicer? A paring knife is a good substitute.

Mortar and pestle Crush herbs and spices to boost the fresh flavors in your cooking.

Meat mallet This is a tool that doesn't belong in the basement workbench. The smooth side flattens, while the spiked side tenderizes and flattens.

Emergency Substitutions

IF YOU DON'T HAVE:	SUBSTITUTE:
Bacon, 1 slice, crisp-cooked, crumbled	1 tablespoon cooked bacon pieces
Baking powder, 1 teaspoon	½ teaspoon cream of tartar plus ¼ teaspoon baking soda
Balsamic vinegar, 1 tablespoon	1 tablespoon cider vinegar or red wine vinegar plus ½ teaspoon sugar
Bread crumbs, fine dry, ¼ cup	¾ cup soft bread crumbs, or ¼ cup cracker crumbs, or ¼ cup cornflake crumbs
Broth, beef or chicken, 1 cup	1 teaspoon or 1 cube instant beef or chicken bouillon plus 1 cup hot water
Buttermilk, 1 cup	1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup (let stand 5 minutes before using) or 1 cup plain yogurt
Cornstarch, 1 tablespoon (for thickening)	2 tablespoons all-purpose flour
Egg, 1 whole	¼ cup refrigerated or frozen egg product, thawed
Garlic, 1 clove	½ teaspoon bottled minced garlic or ⅛ teaspoon garlic powder
Ginger, grated fresh, 1 teaspoon	¼ teaspoon ground ginger
Half-and-half or light cream, 1 cup	1 tablespoon melted butter or margarine plus enough whole milk to make 1 cup
Mustard, dry, 1 teaspoon	1 tablespoon prepared (in cooked mixtures)
Mustard, yellow, 1 tablespoon	½ teaspoon dry mustard plus 2 teaspoons vinegar
Onion, chopped, ½ cup	2 tablespoons dried minced onion or ½ teaspoon onion powder
Sour cream, dairy, 1 cup	1 cup plain yogurt or 1 cup light sour cream
Sugar, brown, 1 cup packed	1 cup granulated sugar plus 2 tablespoons molasses
Sugar, granulated, 1 cup	1 cup packed brown sugar or 2 cups sifted powdered sugar
Tomato juice, 1 cup	½ cup tomato sauce plus ½ cup water
Tomato sauce, 2 cups	¾ cup tomato paste plus 1 cup water
Wine, red, 1 cup	1 cup beef or chicken broth or cranberry juice in savory recipes; cranberry juice in desserts
Wine, white, 1 cup	1 cup chicken broth in savory recipes; apple juice or white grape juice in desserts

Seasonings

Apple pie spice, 1 teaspoon	½ teaspoon ground cinnamon, ¼ teaspoon ground nutmeg, ⅛ teaspoon ground allspice, and dash ground cloves or ginger
Cajun seasoning, 1 tablespoon	½ teaspoon white pepper, ½ teaspoon garlic powder, ½ teaspoon onion powder, ½ teaspoon cayenne pepper, ½ teaspoon paprika, and ½ teaspoon black pepper
Fajita seasoning, 1 tablespoon	1½ teaspoons ground cumin, ½ teaspoon dried oregano, crushed; ¼ teaspoon salt; ¼ teaspoon cayenne pepper; ¼ teaspoon black pepper; ⅛ teaspoon garlic powder; and ⅛ teaspoon onion powder
Herbs, snipped fresh, 1 tablespoon	½ to 1 teaspoon dried herb, crushed, or ½ teaspoon ground herb
Thai seasoning, 1 tablespoon	1 teaspoon ground coriander, 1 teaspoon crushed red pepper, ¼ teaspoon salt, ¼ teaspoon ground ginger, ¼ teaspoon garlic powder, and ¼ teaspoon onion powder

1

Breakfast

Apple Pie Pancakes

START TO FINISH **30 minutes** MAKES **10 to 12 pancakes**

- **1½ cups all-purpose flour**
- **2 tablespoons sugar**
- **1 tablespoon baking powder**
- **½ teaspoon apple pie spice or ground cinnamon**
- **¼ teaspoon salt**
- **2 eggs, lightly beaten**
- **1 cup apple juice or ½ cup apple juice and ½ cup milk**
- **3 tablespoons butter, melted, or vegetable oil**
- **2 teaspoons vanilla**
- **¼ cup snipped dried apple or ½ cup chopped fresh apple**
- **Maple syrup**
- **Coarsely chopped walnuts or pecans, toasted (optional)**

1 In a medium bowl stir together flour, sugar, baking powder, apple pie spice, and salt. Make a well in center of flour mixture; set aside.

2 In a small bowl combine eggs, apple juice, melted butter, and vanilla. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be slightly lumpy). Stir in apple.

3 For each pancake, pour about ¼ cup batter onto a hot, lightly greased griddle or heavy skillet. Spread batter to a 4-inch circle. Cook over medium heat for 1 to 2 minutes on each side or until pancakes are golden brown. Turn over when surfaces are bubbly and edges are slightly dry.

4 Serve warm with maple syrup. If desired, top with toasted walnuts.

NUTRITION FACTS PER PANCAKE:

143 cal., 5 g total fat (3 g sat. fat), 51 mg chol., 209 mg sodium, 22 g carb., 1 g dietary fiber, 2 g protein.

tip

Keep warmed pancakes covered with foil in a 200°F oven. Or, cover with paper towels and place on an ovenproof plate in a 200°F oven.

Puffed Oven Pancake with Brown Sugar–Banana Sauce

START TO FINISH **30 minutes** OVEN **400°F** MAKES **8 servings**

- **2 tablespoons butter**
- **4 eggs, lightly beaten**
- **⅔ cup all-purpose flour**
- **⅔ cup fat-free milk**
- **¼ teaspoon salt**
- **½ cup butter**
- **⅓ cup packed brown sugar**
- **3 medium bananas, sliced**
- **2 tablespoons light rum or apple juice**
- **Powdered sugar (optional)**
- **Whipped cream (optional)**

1 Preheat oven to 400°F. Place 2 tablespoons butter in a 12-inch ovenproof skillet. Place skillet in oven for 3 to 5 minutes or until butter is melted.

2 Meanwhile, in a medium bowl using a wire whisk or rotary beater beat eggs. Add flour, milk, and salt; beat until smooth. Immediately pour batter into the hot skillet. Bake for 20 to 25 minutes or until puffed and well browned.

3 For sauce, in a small saucepan combine ½ cup butter and brown sugar. Cook and stir over medium heat until melted. Add bananas; cook about 2 minutes or until heated through, stirring gently. Carefully stir in rum; heat through.

4 Spoon sauce over pancake. If desired, sprinkle lightly with powdered sugar and serve with whipped cream. Cut into wedges. Serve warm.

NUTRITION FACTS PER SERVING:
290 cal., 17 g total fat (10 g sat. fat), 144 mg chol., 222 mg sodium, 28 g carb., 1 g dietary fiber, 6 g protein.

An oven-baked pancake means there's no need to stand over the skillet flipping individual flapjacks. Instead, create one big pancake that rises like a popover in the oven. Instead of the Brown Sugar Banana Sauce, consider these topping options:

- Sliced fresh peaches or nectarines and maple syrup
- Heated strawberry jam and sliced fresh strawberries
- Honey butter made by combining ¼ cup softened butter with 2 tablespoons honey
- Fresh chopped mangoes and lemon yogurt

Blackberry-Ricotta Pancake Wraps

START TO FINISH **30 minutes** MAKES **8 wraps (4 servings)**

- **1¼ cups all-purpose flour**
- **1 tablespoon granulated sugar**
- **2 teaspoons baking powder**
- **¼ teaspoon salt**
- **1 egg, lightly beaten**
- **1 cup milk**
- **2 tablespoons vegetable oil**
- **1 cup ricotta cheese**
- **¼ cup powdered sugar**
- **½ teaspoon finely shredded lemon peel**
- **¼ teaspoon vanilla**
- **1 cup fresh blackberries, raspberries, and/or blueberries**
- **Powdered sugar**

1 In a medium bowl stir together flour, granulated sugar, baking powder, and salt. Make a well in center of flour mixture; set aside. In a small bowl combine egg, milk, and oil. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be slightly lumpy).

2 For each pancake, pour about ¼ cup batter onto a hot, lightly greased griddle or heavy skillet. Spread batter to a 5-inch circle. Cook over medium heat for 1 to 2 minutes on each side or until pancakes are golden brown. Turn over when surfaces are bubbly and edges are slightly dry.

3 Meanwhile, for filling, in a small bowl combine ricotta cheese, ¼ cup powdered sugar, lemon peel, and vanilla.

4 Spread filling over pancakes. Top with berries; roll up pancakes. Sprinkle with additional powdered sugar.

NUTRITION FACTS PER SERVING:
424 cal., 18 g total fat (7 g sat. fat), 89 mg chol., 422 mg sodium, 51 g carb., 3 g dietary fiber, 15 g protein.

Fruit-Filled Crepes

START TO FINISH **30 minutes** MAKES **9 servings**

- **1 egg, lightly beaten**
- **¾ cup fat-free milk**
- **½ cup all-purpose flour**
- **1 teaspoon vegetable oil**
- **⅛ teaspoon salt**
- **1 recipe Creamy Fruit Dip (use 1 cup)**

1 In a medium bowl combine egg, milk, flour, oil, and salt; beat until smooth.

2 Heat a lightly greased 6-inch nonstick skillet over medium-high heat. Remove from heat. Spoon in 2 tablespoons batter; lift and tilt skillet to spread batter evenly. Return to heat; cook for 1 to 2 minutes or until brown on one side only. (Or cook on a crepe maker according to the manufacturer's directions.) Invert skillet over paper towels; remove crepe. Repeat with the remaining batter, greasing skillet occasionally. If crepes are browning too quickly, reduce heat to medium.

3 Spread 1 well-rounded tablespoon of the Creamy Fruit Dip across center of unbrowned side of each crepe. Fold opposite edges of crepe up and over filling toward center.

NUTRITION FACTS PER SERVING:
91 cal., 5 g total fat (2 g sat. fat), 36 mg chol., 93 mg sodium, 8 g carb., 0 g dietary fiber, 4 g protein.

Creamy Fruit Dip

START TO FINISH **15 minutes** MAKES **about 2⅓ cups**

- **1 cup assorted fruit, such as sliced peeled peaches, strawberries, mandarin orange sections, and cubed pineapple**
- **1 8-ounce carton light sour cream**
- **1 8-ounce package reduced-fat cream cheese (Neufchâtel)**
- **1 teaspoon vanilla**
- **½ teaspoon finely shredded orange peel**

Place fruit in a blender or food processor. Cover and blend or process until smooth. Add sour cream, cream cheese, vanilla, and orange peel; cover and blend or process until smooth.

NUTRITION FACTS PER 1 TABLESPOON DIP: *26 cal., 2 g total fat (1 g sat. fat), 7 mg chol., 25 mg sodium, 1 g carb., 0 g dietary fiber, 1 g protein.*

Prepare as directed. Cover and chill for up to 24 hours. If dip is too thick after chilling, stir in a little milk, 1 tablespoon at a time, to reach desired consistency.

Ham-and-Cheese-Stuffed French Toast

START TO FINISH **30 minutes** MAKES **6 servings**

- **2 eggs, lightly beaten**
- **1 cup half-and-half, light cream, or milk**
- **1 teaspoon vanilla**
- **½ teaspoon ground cinnamon**
- **6 ounces Gruyère or Swiss cheese, sliced**
- **12 slices firm-texture white, whole wheat, or rye bread**
- **8 ounces very thinly sliced cooked ham**
- **1 medium carambola (star fruit), sliced (optional)**
- **1 medium kiwifruit, peeled and sliced (optional)**

1 In a shallow dish combine eggs, half-and-half, vanilla, and cinnamon; set aside.

2 Divide cheese slices among six of the bread slices. Top with ham and the remaining bread slices. Dip sandwiches into egg mixture, turning to coat both sides and allowing excess egg mixture to drip off.

3 Cook sandwiches, half at a time if necessary, on a hot, lightly greased griddle or nonstick skillet over medium heat for 6 to 8 minutes or until golden brown, turning once. Serve warm. If desired, garnish with carambola and kiwifruit slices.

NUTRITION FACTS PER SERVING:
449 cal., 28 g total fat (14 g sat. fat), 153 mg chol., 968 mg sodium, 29 g carb., 0 g dietary fiber, 23 g protein.

Stuffed Croissant French Toast

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 8-ounce package cream cheese, softened**
- **¼ cup maple syrup**
- **½ cup chopped fresh strawberries**
- **4 large croissants**
- **2 eggs, lightly beaten**
- **½ cup half-and-half or light cream**
- **1 tablespoon packed brown sugar**
- **½ teaspoon ground cinnamon**
- **½ teaspoon ground nutmeg**
- **Fresh strawberries, halved**
- **Maple syrup**

1 For filling, in a medium bowl combine cream cheese and ¼ cup maple syrup. Beat with an electric mixer on medium speed until smooth. Stir in chopped strawberries. Using a serrated knife, carefully cut each croissant in half horizontally, leaving one side attached. Spoon filling into croissants.

2 In another medium bowl combine eggs, half-and-half, brown sugar, cinnamon, and nutmeg. Carefully dip filled croissants into egg mixture, turning to coat both sides and being careful not to squeeze filling out.

3 On a lightly greased griddle or 12-inch skillet cook filled croissants, two at a time if necessary, over medium heat for 2 to 4 minutes or until golden brown, turning once. (If necessary use a spatula and a fork to help turn the croissants. Some of the filling may leak out onto the pan. If necessary wipe the pan and lightly grease it again before cooking the remaining croissants.)

4 Serve warm with halved strawberries and additional maple syrup.

NUTRITION FACTS PER SERVING:
843 cal., 46 g total fat (28 g sat. fat), 253 mg chol., 641 mg sodium, 94 g carb., 2 g dietary fiber, 13 g protein.

To vary the filling, substitute one of the following for the chopped strawberries in Step 1:

- **Soak ½ cup raisins in ¼ cup orange juice for 30 minutes; drain. Stir soaked raisins and ½ teaspoon finely shredded orange peel into filling.**
- **Stir ½ cup chopped tart apple and ¼ cup shredded sharp cheddar cheese (2 ounces) into filling.**
- **Stir ¼ cup chopped pitted whole dates or dried pineapple and ¼ cup shredded coconut into filling.**

Poached Eggs

START TO FINISH 10 minutes MAKES 3 or 4 poached eggs

- **4 cups water**
- **1 tablespoon vinegar**
- **3 or 4 eggs**
- **Salt**
- **Ground black pepper**

1 In a large skillet combine the water and vinegar. Bring to boiling; reduce heat to simmering (bubbles should begin to break the surface of the water).

2 Break 1 egg into a cup; slip egg into the simmering water. Repeat with the remaining eggs, allowing each egg an equal amount of space.

3 Simmer eggs, uncovered, for 3 to 5 minutes or until whites are completely set and yolks begin to thicken but are not hard. Using a slotted spoon, remove eggs from skillet, letting the water drain away. Season to taste with salt and pepper.

NUTRITION FACTS PER EGG: *73 cal., 5 g total fat (2 g sat. fat), 212 mg chol., 273 mg sodium, 1 g carb., 0 g dietary fiber, 6 g protein.*

Poaching Pan Directions: Lightly grease each cup of an egg-poaching pan. Place poaching cups into bottom pan over boiling water according to the manufacturer's directions (water should not touch bottoms of cups); reduce heat to simmering. Break an egg into a measuring cup and slip egg into a poaching cup. Repeat with the remaining eggs. Cook, covered, for 4 to 6 minutes or until whites are completely set and yolks begin to thicken but are not hard. Run a knife around edges to loosen eggs. Invert poaching cups to remove eggs.

Make-Ahead Directions: Prepare as directed, except place cooked eggs in a bowl of cold water. Cover and chill for up to 1 hour. To reheat eggs, in a saucepan bring water to simmering. Using a slotted spoon, slip eggs into the simmering water and heat about 2 minutes. Remove with slotted spoon.

Eggs Benedict, 4 Ways

START TO FINISH **25 minutes** MAKES **4 servings**

- **4 Poached Eggs**
- **2 English muffin halves, split**
- **4 slices Canadian-style bacon**
- **1 recipe Mock Hollandaise Sauce**
- **Cracked black pepper (optional)**

1 Preheat broiler. Prepare Poached Eggs.

2 Meanwhile, place muffin halves, cut sides up, on a baking sheet. Broil 3 to 4 inches from the heat about 2 minutes or until toasted. Top muffin halves with Canadian-style bacon; broil about 1 minute more or until bacon is heated through.

3 Using a slotted spoon, place cooked eggs on bacon-topped muffin halves. Spoon Mock Hollandaise Sauce over eggs. If desired, sprinkle with pepper.

NUTRITION FACTS PER SERVING: *346 cal., 25 g total fat (7 g sat. fat), 240 mg chol., 885 mg sodium, 14 g carb., 1 g dietary fiber, 14 g protein.*

Mock Hollandaise Sauce

In a small saucepan combine ⅓ cup sour cream, ⅓ cup mayonnaise or salad dressing, 2 teaspoons lemon juice, and 1 teaspoon yellow mustard. Cook and stir over medium-low heat until warm. If desired, thin with a little milk. Makes about ⅔ cup.

Portobello Mushroom Benedict:

Prepare as directed, except before poaching eggs, in a large skillet cook four 3 ½- to 4 inch diameter stemmed fresh portobello mushroom caps in 1 tablespoon hot olive oil over medium-high heat about 6 minutes or until tender, turning once. Blot mushrooms with a paper towel. Slice mushrooms; lightly sprinkle with salt and ground black pepper. Cover with foil and keep warm. Continue as directed, except substitute the mushroom slices for the Canadian-style bacon. Sprinkle with chopped seeded tomato.

NUTRITION FACTS PER SERVING: *same as main recipe*

Salmon Benedict:

Prepare as directed, except spread 1 tablespoon tub-style cream cheese spread with chive and onion on each toasted muffin half and substitute 4 ounces thinly sliced, smoked salmon (lox-style) for the Canadian-style bacon. If desired, stir 1 tablespoon drained capers and ½ teaspoon dried dill into the Mock Hollandaise Sauce. If desired, sprinkle with additional dried dill.

NUTRITION FACTS PER SERVING: *391 cal., 30 g total fat (10 g sat. fat), 248 mg chol., 1,161 mg sodium, 15 mg carb., 1 g dietary fiber, 15 g protein.*

Reuben Benedict:

Prepare as directed, except substitute 4 slices marble rye or rye bread for the English muffins and 4 ounces thinly sliced corned beef for the Canadian-style bacon. Spoon ½ cup rinsed and drained sauerkraut over the corned beef. Stir ½ cup shredded Swiss cheese (2 ounces) into the Mock Hollandaise Sauce.

NUTRITION FACTS PER SERVING: *461 cal., 34 g total fat (11 g sat. fat), 269 mg chol., 1,160 mg sodium, 19 mg carb., 3 g dietary fiber, 19 g protein.*

Eggs over Steaks and Mushroom Hash

START TO FINISH **30 minutes** MAKES **4 servings**

- **2 tablespoons vegetable oil**
- **3 cups sliced fresh mushrooms (8 ounces)**
- **2 cups frozen diced hash brown potatoes with onions and peppers**
- **4 3- to 4-ounce thin breakfast steaks**
- **Salt**
- **Ground black pepper**
- **4 to 6 cloves garlic, thinly sliced**
- **4 eggs**
- **Fresh tarragon sprigs (optional)**

1 In a 12 inch skillet heat 1 tablespoon of the oil over medium-high heat. Add mushrooms and potatoes; cook, covered, for 10 minutes, stirring occasionally. Remove from skillet; cover and keep warm.

2 Sprinkle steaks with salt and pepper. In same skillet heat the remaining 1 tablespoon oil. Add steaks and garlic; cook for 3 to 4 minutes or until steaks are desired doneness, turning once. Remove from skillet; cover and keep warm.

3 Break eggs into hot skillet; sprinkle with additional salt and pepper. Cook until desired doneness. Remove from heat.

4 Divide potato mixture, steaks, and eggs among plates. Garnish with tarragon sprigs, if desired.

NUTRITION FACTS PER SERVING:
324 cal., 15 g total fat (3 g sat. fat), 258 mg chol., 397 mg sodium, 17 g carb., 2 g dietary fiber, 29 g protein.

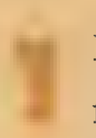
tip

If you like, substitute fresh herb-seasoned sausage, crumbled, for the cooked potato mixture.

Denver Scrambled Eggs

START TO FINISH **15 minutes** MAKES **3 servings**

- **6 eggs, lightly beaten**
- **⅓ cup milk, half-and-half, or light cream**
- **Dash ground black pepper**
- **2 tablespoons butter or margarine**
- **1 cup sliced fresh mushrooms**
- **⅓ cup diced cooked ham**
- **¼ cup chopped onion**
- **2 tablespoons finely chopped green sweet pepper**



In a medium bowl combine eggs, milk, and pepper. In a large skillet heat butter over medium heat until melted. Add mushrooms, ham, onion, and sweet pepper; cook for 2 minutes, stirring occasionally.



Pour egg mixture over vegetables. Cook over medium heat, without stirring, until egg mixture begins to set on bottom and around edge. Using a spatula or large spoon, lift and fold the partially cooked egg mixture so the uncooked portion flows underneath. Continue cooking for 2 to 3 minutes or until egg mixture is cooked through but is still glossy and moist. Immediately remove from heat.

NUTRITION FACTS PER SERVING:
263 cal., 20 g total fat (9 g sat. fat), 454 mg chol., 404 mg sodium, 5 g carb., 1 g dietary fiber, 17 g protein.

Salmon-Potato Scramble

START TO FINISH **25 minutes** MAKES **6 servings**

- **1 pound fresh or frozen skinless salmon fillets, about ¾ inch thick**
- **2 tablespoons butter or margarine**
- **2 cups frozen diced hash brown potatoes, thawed**
- **¾ cup chopped green sweet pepper (1 medium)**
- **2 to 3 teaspoons Old Bay seasoning**
- **6 eggs, lightly beaten**
- **⅓ cup water**

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. In a covered 12-inch skillet cook fish in a small amount of boiling water for 6 to 9 minutes or until fish flakes easily when tested with a fork. Remove fish from skillet; discard liquid. Using a fork, break fish into large chunks.

2 Wipe skillet with a paper towel. In the skillet heat butter over medium-high heat until melted. Add potatoes, sweet pepper, and Old Bay seasoning; cook for 5 to 10 minutes or until potatoes start to brown, stirring occasionally.

3 In a medium bowl combine eggs and the water; pour over potato mixture. Cook over medium heat, without stirring, until egg mixture begins to set on bottom and around edge. Using a spatula or large spoon, lift and fold the partially cooked egg mixture so the uncooked portion flows underneath. Continue cooking for 2 to 3 minutes or until egg mixture is cooked through but is still glossy and moist. Gently stir in cooked fish; heat through. Immediately remove from heat.

NUTRITION FACTS PER SERVING:
294 cal., 17 g total fat (6 g sat. fat), 266 mg chol., 396 mg sodium, 12 g carb., 1 g dietary fiber, 23 g protein.

Scrambled Egg Waffle Stacks

START TO FINISH **25 minutes** MAKES **6 servings**

- **2 tablespoons butter**
- **1 tablespoon all-purpose flour**
- **Dash ground black pepper**
- **¾ cup milk**
- **¾ cup shredded American cheese (3 ounces)**
- **6 eggs, lightly beaten**
- **⅓ cup milk**
- **¼ teaspoon salt**
- **6 frozen waffles**
- **6 slices bacon, crisp-cooked, drained, and halved crosswise**

1 For sauce, in a medium saucepan heat 1 tablespoon of the butter over medium heat until melted. Stir in flour and pepper. Gradually stir in ¾ cup milk. Cook and stir until thickened and bubbly. Gradually add cheese, stirring until melted. Remove from heat; cover and keep warm.

2 In a medium bowl combine eggs, ⅓ cup milk, and salt. In a large skillet heat the remaining 1 tablespoon butter over medium heat until melted. Pour in egg mixture. Cook over medium heat, without stirring, until egg mixture begins to set on bottom and around edge. Using a spatula or large spoon, lift and fold the partially cooked egg mixture so the uncooked portion flows underneath. Continue cooking for 2 to 3 minutes or until egg mixture is cooked through but is still glossy and moist. Immediately remove from heat.

3 Heat waffles according to package directions. To serve, divide cooked eggs among waffles. Spoon sauce over eggs and top with bacon.

NUTRITION FACTS PER SERVING:
424 cal., 28 g total fat (28 g sat. fat), 285 mg chol., 774 mg sodium, 24 g carb., 1 g dietary fiber, 18 g protein.

Brown Rice Scramble with Tomatoes

START TO FINISH 20 minutes **MAKES** 2 servings

- 4 **eggs, lightly beaten**
- ½ **cup cooked brown rice**
- ⅛ **teaspoon salt**
- ⅛ **teaspoon cracked black pepper**
- **Nonstick cooking spray**
- ¾ **cup seeded and chopped tomato**
- 1 **tablespoon snipped fresh basil**

1 In a medium bowl combine eggs, cooked rice, salt, and pepper. Coat a medium skillet with cooking spray; heat skillet over medium heat. Pour in egg mixture. Cook over medium heat, without stirring, until egg mixture begins to set on bottom and around edge. Using a spatula or large spoon, lift and fold the partially cooked egg mixture so the uncooked portion flows underneath.

2 Sprinkle with tomato. Continue cooking about 2 minutes or until egg mixture is cooked through but is still glossy and moist. Immediately remove from heat. Sprinkle each serving with basil.

NUTRITION FACTS PER SERVING:
210 cal., 11 g total fat (3 g sat. fat), 423 mg chol., 292 mg sodium, 15 g carb., 2 g dietary fiber, 15 g protein.

Tex-Mex Baked Eggs

START TO FINISH **25 minutes** OVEN **400°F** MAKES **2 servings**

- **Nonstick cooking spray**
- 4 **eggs**
- 2 **tablespoons fat-free milk**
- ¼ **teaspoon ground white or black pepper**
- ⅛ **teaspoon salt**
- ½ **cup canned black beans, rinsed and drained**
- ¼ **cup chunky salsa**
- ⅓ **cup chopped tomato (1 small)**
- 2 **tablespoons plain yogurt**
- 1 **tablespoon snipped fresh cilantro**
- **Fresh cilantro sprigs (optional)**
- ¼ **cup crumbled queso fresco or shredded Monterey Jack cheese (1 ounce)**
- **Lime wedges (optional)**

1 Preheat oven to 400°F. Lightly coat a 2-quart square baking dish with cooking spray; set aside. In a medium bowl beat together eggs, milk, pepper, and salt with a fork or whisk until combined but not frothy.

2 Place the prepared baking dish on an oven rack. Carefully pour egg mixture into dish. Bake about 10 minutes or until egg mixture is set but is still glossy.

3 Meanwhile, in a small saucepan combine beans and salsa. Cook over low heat until heated through, stirring occasionally.

4 Cut baked egg mixture into four squares. On each plate overlap two egg squares. Top with bean mixture, tomato, yogurt, and snipped cilantro. If desired, garnish with cilantro sprigs. Serve with cheese and, if desired, lime wedges.

NUTRITION FACTS PER SERVING:
244 cal., 12 g total fat (4 g sat. fat), 429 mg chol., 696 mg sodium, 16 g carb., 3 g dietary fiber, 19 g protein.

Pepper-Avocado Omelet

START TO FINISH **30 minutes** MAKES **2 servings**

- **2 tablespoons butter**
- **2 eggs, lightly beaten**
- **½ cup chopped roasted red sweet pepper**
- **½ of a medium avocado, seeded, peeled, and coarsely chopped**
- **¼ of a medium fresh jalapeño chile pepper, thinly sliced* (optional)**
- **¼ cup shredded Manchego cheese (1 ounce)**
- **Freshly ground black pepper**
- **Crushed red pepper (optional)**
- **1 recipe Fresh Tomato Compote**

1 In a 10-inch nonstick skillet heat butter over medium-high heat until melted. Add eggs; lift and tilt skillet to spread eggs evenly.

2 Cook over medium-high heat. When eggs begin to bubble, sprinkle with roasted sweet pepper, avocado, and, if desired, jalapeño chile pepper. Cook until edge of omelet is very light brown. Sprinkle with cheese.

3 Using a plastic spatula, loosen eggs from side of skillet; fold omelet in half. Sprinkle with black pepper and, if desired, crushed red pepper. Serve with Fresh Tomato Compote.

NUTRITION FACTS PER SERVING:
379 cal., 32 g total fat (13 g sat. fat), 252 mg chol., 504 mg sodium, 15 g carb., 5 g dietary fiber, 11 g protein.

Fresh Tomato Compote

In a medium skillet heat 1 tablespoon olive oil over medium heat. Add ½ cup thinly sliced onion; cook about 5 minutes or until tender, stirring occasionally. Stir in 1 cup halved red and/or yellow cherry tomatoes, 1 tablespoon snipped fresh parsley, ⅛ teaspoon salt, and ⅛ teaspoon ground black pepper; heat through.

*tip

with soap and warm water.

Omelet Crepes

START TO FINISH **30 minutes** MAKES **4 servings**

- **6 eggs, lightly beaten**
- **⅓ cup water**
- **⅛ teaspoon salt**
- **⅛ teaspoon ground black pepper**
- **2 tablespoons butter or margarine**
- **1¼ cups diced cooked ham (about 6 ounces)**
- **½ cup chopped green and/or red sweet pepper**
- **¼ cup chopped onion**
- **½ cup shredded cheddar cheese (2 ounces)**
- **8 6-inch ready-to-use crepes***
- **Salsa**

1 In a medium bowl combine eggs, the water, salt, and black pepper; set aside. In a large nonstick skillet heat butter over medium heat until melted. Add ham, sweet pepper, and onion; cook for 3 to 4 minutes or until vegetables are tender, stirring occasionally.

2 Pour egg mixture over ham mixture. Cook over medium heat, without stirring, until egg mixture begins to set on bottom and around edge. Using a spatula or large spoon, lift and fold the partially cooked egg mixture so the uncooked portion flows underneath. Continue cooking for 2 to 3 minutes or until egg mixture is cooked through but is still glossy and moist. Immediately remove from heat. Sprinkle with cheese. Cover and let stand about 2 minutes or until cheese is melted.

3 In an 8-inch skillet heat crepes over medium heat for a few seconds or until warm. On each plate overlap two crepes, browned sides down. Divide cooked egg mixture among overlapped crepes. Roll up crepes. Serve with salsa.

NUTRITION FACTS PER SERVING:
351 cal., 21 g total fat (10 g sat. fat), 377 mg chol., 1,121 mg sodium, 14 g carb., 1 g dietary fiber, 25 g protein.

***tip**

If purchased crepes are larger than 6 inches, use only 1 crepe per serving.

Mushroom, Artichoke, and Basil Egg White Omelet

START TO FINISH 20 minutes MAKES 1 serving

- 1 teaspoon olive oil
- ½ cup sliced fresh cremini mushrooms
- ⅛ teaspoon garlic salt or sea salt
- ¼ cup coarsely chopped canned artichoke hearts
- 3 egg whites, or 1 whole egg and 2 egg whites
- Nonstick cooking spray
- 2 tablespoons coarsely snipped fresh basil
- 3 tablespoons shredded Italian cheese blend
- ¼ cup chopped red sweet pepper or tomato
- Cracked black pepper

1 In an 8-inch nonstick skillet with flared sides heat oil over medium heat. Add mushrooms and garlic salt; cook about 5 minutes or until mushrooms are tender, stirring occasionally. Stir in artichoke hearts. Transfer mushroom mixture to a small bowl; set aside. Cool skillet slightly; wipe with a paper towel.

2 In a small bowl beat egg whites with a fork or whisk just until frothy. Coat skillet with cooking spray. Sprinkle basil in center of skillet to within 1 inch of the edge. Slowly pour egg whites around edge of skillet, then over top of basil. Cook over medium heat. As egg whites begin to set, use a heatproof silicone spatula to gently lift edges of set egg whites toward the center, tilting pan to let liquid egg whites run under set egg whites. Continue cooking until egg whites are set but are still shiny.

3 Sprinkle 2 tablespoons of the cheese across center of omelet; top with mushroom mixture. Using the spatula, lift and fold one edge of omelet about one-third of the way toward center. Fold the opposite edge toward center. Transfer omelet to a plate. Top with sweet pepper and the remaining 1 tablespoon cheese; sprinkle with black pepper.

NUTRITION FACTS PER SERVING:
196 cal., 10 g total fat (4 g sat. fat), 15 mg chol., 692 mg sodium, 8 g carb., 3 g dietary fiber, 19 g protein.

tip

Carefully handle egg white omelets because they are so light that they tear easily. Or, make the omelets a little stronger by using the option of 1 whole egg and 2 whites.

Spinach and Feta Omelet

START TO FINISH 20 minutes MAKES 2 servings

- **1 cup refrigerated or frozen egg product, thawed, or 4 eggs, lightly beaten**
- **1/8 teaspoon salt**
- **Dash ground black pepper**
- **Nonstick cooking spray**
- **1 cup sliced fresh mushrooms**
- **1/2 cup chopped onion (1 medium)**
- **2 teaspoons olive oil or canola oil**
- **2 cups lightly packed fresh baby spinach**
- **1/4 cup crumbled feta cheese (1 ounce)**

1 In a small bowl combine egg product, salt, and pepper; set aside. Lightly coat an 8-inch nonstick skillet with flared sides with cooking spray; heat skillet over medium heat. Add mushrooms and onion; cook until onion is tender, stirring occasionally. Remove vegetables from skillet.

2 Add 1 teaspoon of the oil to skillet; heat over medium heat. Add half of the egg mixture to skillet. Immediately begin stirring egg mixture gently but continuously with a wooden or plastic spatula until mixture resembles small pieces of cooked egg surrounded by liquid egg. Stop stirring. Cook for 30 to 60 seconds more or until egg mixture is set.

3 Spoon half of the mushroom mixture onto half of the omelet. Top with 1 cup of the spinach and 1 tablespoon of the cheese. Using the spatula, lift and fold unfilled half of omelet up and over filling. Cook about 1 minute more or just until spinach starts to wilt. Transfer omelet to a warm plate; cover and keep warm. Repeat to make a second omelet.

4 Before serving, sprinkle omelets with the remaining 2 tablespoons cheese.

NUTRITION FACTS PER SERVING:
178 cal., 8 g total fat (3 g sat. fat), 13 mg chol., 562 mg sodium, 11 g carb., 2 g dietary fiber, 17 g protein.

Polenta with Sausage and Eggs

START TO FINISH **30 minutes** MAKES **4 servings**

- ½ **of a 16-ounce tube refrigerated cooked polenta**
- **Nonstick cooking spray**
- 1 **7-ounce package low-fat, reduced-sodium cooked smoked sausage links**
- 1 **medium red sweet pepper, seeded and cut into bite-size strips**
- 8 **eggs**
- 1 **to 2 teaspoons water**
- ¼ **cup basil pesto**

1 Slice or mash polenta and cook according to package directions.

2 Meanwhile, coat a large skillet with cooking spray; heat skillet over medium-high heat. Add sausage and sweet pepper; cook about 4 minutes or until sausage is light brown and sweet pepper is tender, stirring occasionally. Remove from skillet; cover and keep warm.

3 Break eggs into skillet; reduce heat to medium. When edges of eggs turn white, add the water to skillet. Cook, covered, for 3 to 4 minutes or until yolks begin to thicken but are not hard.

4 Divide eggs among plates. Serve with sausage mixture, polenta, and pesto.

NUTRITION FACTS PER SERVING:
376 cal., 24 g total fat (7 g sat. fat), 449 mg chol., 852 mg sodium, 16 g carb., 3 g dietary fiber, 24 g protein.

Rosemary-Potato Frittata

START TO FINISH 25 minutes MAKES 2 servings

- 1 cup tiny new potatoes cut into ¼-inch slices (4 ounces)
- ¼ cup chopped red onion or yellow onion
- ¼ cup chopped red, green, and/or yellow sweet pepper
- Nonstick cooking spray
- 4 eggs, lightly beaten
- ½ teaspoon snipped fresh rosemary or ¼ teaspoon dried rosemary, crushed
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper
- ¼ cup shredded Swiss cheese (1 ounce)

1 In a covered 6- to 7-inch nonstick skillet with flared sides cook potatoes and red onion in a small amount of boiling water for 7 minutes. Add sweet pepper; cook, covered, for 3 to 5 minutes more or until vegetables are tender. Drain vegetables in a colander. Cool skillet slightly; wipe with a paper towel. Lightly coat skillet with cooking spray; return vegetables to skillet.

2 In a small bowl combine eggs, rosemary, salt, and black pepper. Pour egg mixture over vegetables. Cook over medium heat, without stirring, until egg mixture begins to set on bottom and around edges. Using a spatula or large spoon, lift and fold the partially cooked egg mixture so the uncooked portion flows underneath. Continue cooking and lifting edges until egg mixture is nearly set (surface will be moist). Remove from heat.

3 Sprinkle with cheese. Let stand, covered, for 3 to 4 minutes or until surface is set and cheese is melted. Cut into wedges.

NUTRITION FACTS PER SERVING:
271 cal., 14 g total fat (6 g sat. fat), 436 mg chol., 320 mg sodium, 17 g carb., 2 g dietary fiber, 18 g protein.

Bacon and Egg Breakfast Wraps

START TO FINISH **25 minutes** MAKES **4 wraps**

- **4 slices bacon, chopped**
- **1 cup chopped fresh mushrooms**
- **½ cup chopped green sweet pepper (1 small)**
- **¼ teaspoon chili powder**
- **¼ teaspoon ground black pepper**
- **⅛ teaspoon salt**
- **1 cup refrigerated or frozen egg product, thawed, or 4 eggs, lightly beaten**
- **¼ cup seeded and chopped tomato**
- **Few drops bottled hot pepper sauce**
- **4 8-inch flour tortillas, warmed***

1 In a large nonstick skillet cook bacon over medium heat until crisp. Using a slotted spoon, remove bacon and drain on paper towels; reserve 1 tablespoon drippings in skillet.

2 Add mushrooms, sweet pepper, chili powder, black pepper, and salt to the reserved drippings; cook about 3 minutes or until vegetables are tender, stirring occasionally.

3 Pour egg product over mushroom mixture. Cook over medium heat, without stirring, until egg begins to set on bottom and around edge. Using a spatula or large spoon, lift and fold the partially cooked egg so the uncooked portion flows underneath. Continue cooking about 2 minutes or until egg is cooked through but is still glossy and moist. Immediately remove from heat.

4 Stir in cooked bacon, tomato, and hot pepper sauce. Divide egg mixture among tortillas; roll up tortillas.

NUTRITION FACTS PER WRAP:
195 cal., 9 g total fat (3 g sat. fat), 11 mg chol., 462 mg sodium, 18 g carb., 1 g dietary fiber, 11 g protein.

*tip

(high) about 30 seconds or until heated through.

Breakfast Burritos

START TO FINISH **25 minutes** MAKES **4 burritos**

- **4 eggs, lightly beaten**
- **¼ cup milk**
- **¼ teaspoon salt**
- **Dash ground black pepper**
- **1 tablespoon butter or vegetable oil**
- **4 slices bacon, crisp-cooked, drained, and crumbled**
- **¼ cup chopped onion**
- **4 8-inch flour tortillas, warmed***
- **½ cup shredded Monterey Jack cheese (2 ounces)**
- **Salsa (optional)**

1 In a medium bowl combine eggs, milk, salt, and pepper. In a large skillet heat butter over medium heat until melted. Pour in egg mixture. Cook over medium heat, without stirring, until egg mixture begins to set on bottom and around edge. Using a spatula or large spoon, lift and fold the partially cooked egg mixture so the uncooked portion flows underneath. Stir in bacon and onion. Continue cooking for 2 to 3 minutes or until egg mixture is cooked through but is still glossy and moist. Immediately remove from heat.

2 Divide egg mixture among tortillas, spooning it down the center of each tortilla. Sprinkle with cheese. If desired, top with salsa; roll up tortillas.

NUTRITION FACTS PER BURRITO:
325 cal., 11 g total fat (3 g sat. fat), 37 mg chol., 1,038 mg sodium, 30 g carb., 3 g dietary fiber, 26 g protein.

*tip

100 percent power (high) about 30 seconds or until heated through.

Super Simple Sausage Skillet

START TO FINISH **20 minutes** MAKES **2 servings**

- **1 teaspoon canola oil**
- **2 ounces smoked turkey sausage links, cut diagonally into ½-inch slices**
- **1 cup frozen diced hash brown potatoes**
- **½ of a small zucchini, halved lengthwise and cut into ½-inch pieces**
- **½ of a medium red sweet pepper, seeded and coarsely chopped**
- **1 wedge red onion, thinly sliced (about ⅓ cup)**
- **1 clove garlic, minced**
- **¼ teaspoon chili powder**
- **⅛ teaspoon ground black pepper**
- **¼ cup salsa (optional)**

In a large nonstick skillet heat oil over medium heat. Add sausage, potatoes, zucchini, sweet pepper, red onion, garlic, chili powder, and black pepper; cook for 4 to 5 minutes or until sausage is light brown and vegetables are tender, stirring occasionally. If desired, spoon salsa over sausage mixture.

NUTRITION FACTS PER SERVING:
176 cal., 6 g total fat (1 g sat. fat), 19 mg chol., 281 mg sodium, 25 g carb., 3 g dietary fiber, 8 g protein.

Bacon-Cheddar Scones

START TO FINISH **30 minutes** OVEN **400°F** MAKES **8 scones**

- **1¾ cups all-purpose flour**
- **2 tablespoons sugar**
- **1 tablespoon baking powder**
- **¼ teaspoon salt**
- **1 cup whipping cream**
- **½ cup shredded cheddar cheese (2 ounces)**
- **4 slices packaged ready-to-serve cooked bacon, chopped**
- **1 egg, lightly beaten**
- **1 tablespoon water**
- **½ teaspoon dried thyme, crushed**

1 Preheat oven to 400°F. In a medium bowl stir together flour, sugar, baking powder, and salt. Make a well in center of flour mixture; set aside. In another medium bowl combine cream, cheese, and bacon. Add cream mixture all at once to flour mixture. Stir just until moistened with a fork.

2 Turn dough out onto a floured surface. Knead dough by folding and gently pressing it for 10 to 12 strokes or until nearly smooth. Pat or lightly roll into an 8-inch circle. Cut into 8 wedges. Place 1 inch apart on an ungreased baking sheet.

3 In a small bowl combine egg and the water. Brush tops of wedges with egg mixture and sprinkle with thyme. Bake about 15 minutes or until golden brown. Remove scones from baking sheet. Serve warm.

NUTRITION FACTS PER SCONE:

265 cal., 15 g total fat (9 g sat. fat), 77 mg chol., 318 mg sodium, 25 g carb., 1 g dietary fiber, 7 g protein.

Mango Breakfast Trifles

START TO FINISH **25 minutes** MAKES **4 servings**

- **2 cups plain Greek yogurt**
- **¼ cup orange juice**
- **1 cup lightly sweetened multigrain clusters cereal with almonds and flax or granola**
- **3 cups coarsely chopped mango and/or papaya**
- **¼ cup toasted coconut**
- **¼ cup honey**

1 In a medium bowl combine yogurt and orange juice.

2 In four 8-ounce glasses layer ingredients in the following order: cereal, yogurt mixture, and mango and/or papaya. Sprinkle each serving with coconut and drizzle with honey.

NUTRITION FACTS PER SERVING:
323 cal., 7 g total fat (4 g sat. fat), 7 mg chol., 102 mg sodium, 57 g carb., 5 g dietary fiber, 15 g protein.

Fruit Bowls with Coconut Yogurt and Granola

START TO FINISH **25 minutes** MAKES **8 servings**

- **2 tablespoons sugar**
- **4 teaspoons finely shredded lime peel**
- **3 6-ounce cartons plain low-fat yogurt**
- **½ cup canned cream of coconut**
- **½ of a medium pineapple, peeled, cored, and chopped, or 2 cups canned pineapple tidbits**
- **1 small red papaya, seeded, peeled, and chopped**
- **2 oranges, peeled and chopped**
- **2 kiwifruits, peeled and cut up**
- **1 cup granola**
- **½ cup chopped macadamia nuts or sliced almonds, toasted**

1 In a large bowl combine sugar and lime peel. Using the back of a metal spoon, grind and mash mixture until sugar looks wet and sandy. Stir in yogurt and cream of coconut.

2 Add pineapple, papaya, oranges, and kiwifruits to sugar mixture; toss gently to combine. Top each serving with granola and toasted nuts.

NUTRITION FACTS PER SERVING:
285 cal., 14 g total fat (6 g sat. fat), 4 mg chol., 100 mg sodium, 39 g carb., 4 g dietary fiber, 6 g protein.

Pumpkin-Apple Quick Oatmeal

START TO FINISH 15 minutes MAKES 4 servings

- 1⅓ cups water
- ⅔ cup apple juice
- ½ cup canned pumpkin
- ⅓ cup chopped dried apples
- 1¼ cups quick-cooking rolled oats
- 1 tablespoon packed brown sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ cup vanilla fat-free yogurt
- Ground cinnamon or stick cinnamon (optional)

1 In a medium saucepan combine the water, apple juice, pumpkin, and dried apples. Bring to boiling. In a small bowl combine oats, brown sugar, 1 teaspoon cinnamon, and nutmeg. Stir oat mixture into boiling pumpkin mixture. Cook for 1 minute, stirring occasionally.

2 Spoon among bowls. Top each serving with yogurt and, if desired, garnish with additional cinnamon.

NUTRITION FACTS PER SERVING:
168 cal., 2 g total fat (0 g sat. fat), 1 mg chol., 30 mg sodium, 35 g carb., 4 g dietary fiber, 5 g protein.

2

Sandwiches and Pizzas

Apple-Bacon Burgers

START TO FINISH 30 minutes MAKES 4 servings

- 6 slices bacon
- 2 small green apples
- 8 ounces bulk Italian sausage
- 8 ounces ground beef
- 2 tablespoons mayonnaise
- 1 tablespoon Dijon-style mustard
- 1 teaspoon honey
- 4 kaiser rolls, split and toasted

1 In a 12-inch skillet cook bacon over medium heat until crisp. Remove bacon and drain on paper towels. Halve bacon crosswise; set aside.

2 Core and finely chop one of the apples. In a large bowl combine chopped apple, sausage, and ground beef; mix well. Shape meat mixture into four ½-inch-thick patties.

3 For a charcoal grill, grill patties on the rack of an uncovered grill directly over medium-hot coals for 8 to 10 minutes or until done (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium-high. Place patties on grill rack over heat. Cover and grill as above.)

4 Meanwhile, in a small bowl combine mayonnaise, mustard, and honey. Core and slice the remaining apple.

5 On bottoms of rolls layer apple slices, burgers, and bacon. Generously spread tops of rolls with mayonnaise mixture; add tops of rolls.

NUTRITION FACTS PER SERVING:

659 cal., 42 g total fat (14 g sat. fat), 99 mg chol., 1,164 mg sodium, 40 g carb., 3 g dietary fiber, 28 g protein.

BBQ Chicken Burgers and Sweet Potato Fries

START TO FINISH **30 minutes** OVEN **425°F** MAKES **4 servings**

- **⅓ cup barbecue sauce**
- **⅓ cup grape jelly or seedless raspberry jam**
- **4 cups frozen french-fried sweet potatoes**
- **2 tablespoons fine dry bread crumbs**
- **2 tablespoons finely chopped honey-roasted peanuts or almonds**
- **1 tablespoon barbecue sauce**
- **½ teaspoon poultry seasoning**
- **8 ounces uncooked ground chicken or turkey**
- **8 dinner rolls, split**
- **Small roma tomato slices, small lettuce leaves, and/or pickle slices (optional)**

1 Preheat oven to 425°F. Line a 9×9×2-inch baking pan with foil; set aside. In a small bowl whisk together ⅓ cup barbecue sauce and jelly until nearly smooth; set aside.

2 Arrange french-fried sweet potatoes in a single layer in an ungreased 15×10×1-inch baking pan. Bake for 10 minutes.

3 Meanwhile, in a medium bowl combine bread crumbs, peanuts, 1 tablespoon barbecue sauce, and poultry seasoning. Add ground chicken; mix well. Shape chicken mixture into eight balls; place 2 inches apart in the prepared baking pan. Flatten until about ¼ inch thick.

4 Place pan of patties in oven on a separate oven rack from the potatoes. Bake patties and french-fried sweet potatoes for 5 minutes. Turn patties; stir french-fried sweet potatoes. Bake about 5 minutes more or until patties are no longer pink and french-fried sweet potatoes are golden brown, brushing patties with 2 tablespoons of the jelly mixture during the last 2 minutes of baking.

5 Serve burgers in rolls with the remaining jelly mixture and, if desired, tomato, lettuce, and/or pickles. Serve with french-fried sweet potatoes.

NUTRITION FACTS PER SERVING:
598 cal., 18 g total fat (3 g sat. fat), 73 mg chol., 855 mg sodium, 94 g carb., 5 g dietary fiber, 29 g sugar, 19 g protein.

Bruschetta Burgers

START TO FINISH 25 minutes MAKES 4 servings

- 4 **frozen tomato-, basil-, and Parmesan cheese-flavor meatless burger patties**
- 4 **slices mozzarella cheese (about 3 ounces)**
- 2 **thin multigrain sandwich rounds or 4 slices whole wheat bread**
- 8 **to 12 fresh basil leaves**
- 4 **slices tomato**
- **Shredded fresh basil (optional)**

1 Prepare frozen patties according to package directions. Meanwhile, preheat broiler. Arrange patties on one side of a large baking sheet; top with cheese. Separate sandwich rounds and place, cut sides up, beside patties on baking sheet.

2 Broil 4 to 5 inches from the heat for 1 to 2 minutes or until cheese is melted and sandwich rounds are toasted. Divide basil leaves among sandwich rounds. Top with burgers, tomato, and, if desired, shredded basil.

NUTRITION FACTS PER SERVING:
178 cal., 5 g total fat (3 g sat. fat), 16 mg chol., 538 mg sodium, 21 g carb., 6 g dietary fiber, 17 g protein.

Chicken Dinner Burgers

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 egg, lightly beaten**
- **¼ cup fine dry bread crumbs**
- **½ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **1 pound uncooked lean ground chicken or turkey**
- **1 tablespoon olive oil**
- **¼ cup barbecue sauce**
- **4 slices Texas toast or other thick-sliced bread**
- **Deli coleslaw or grated jicama (optional)**
- **Pickle slices (optional)**

1 In a medium bowl combine egg, bread crumbs, salt, and pepper. Add ground chicken; mix well. Shape chicken mixture into four ¾-inch-thick patties.

2 In a large nonstick skillet heat oil over medium heat. Add patties; cook about 10 minutes or until no longer pink (165°F), turning once halfway through cooking. Brush both sides of patties with barbecue sauce. Cook for 2 minutes more, turning once.

3 Place burgers on toast. If desired, top with coleslaw and pickles.

NUTRITION FACTS PER SERVING:
371 cal., 17 g total fat (1 g sat. fat), 103 mg chol., 912 mg sodium, 27 g carb., 0 g dietary fiber, 28 g protein.

Broiling Directions: Preheat broiler. Place patties on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat about 10 minutes or until no longer pink (165°F), turning once halfway through broiling. Brush both sides of patties with barbecue sauce. Broil for 2 minutes more, turning once halfway through broiling.

Rosemary Chicken and Brie Burgers

START TO FINISH 30 minutes MAKES 4 servings

- 1/3 cup fine dry bread crumbs
- 1/4 cup finely shredded Parmesan cheese (1 ounce)
- 2 tablespoons snipped fresh parsley
- 2 teaspoons snipped fresh rosemary
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/4 pounds uncooked ground chicken
- Nonstick cooking spray
- 3 ounces Brie cheese, rind removed and thinly sliced
- 4 kaiser rolls, split and toasted
- 2 tablespoons mayonnaise
- 4 lettuce leaves
- 1 recipe Tomato Kabobs (optional)

1 In a large bowl combine bread crumbs, Parmesan cheese, parsley, rosemary, salt, and pepper. Add ground chicken; mix well. Shape chicken mixture into four ½-inch-thick patties.

2 Lightly coat a grill pan or large skillet with cooking spray; heat grill pan over medium heat. Add patties; cook for 10 to 12 minutes or until no longer pink (165°F), turning once halfway through cooking and topping with Brie cheese for the last 1 minute of cooking.

3 Spread bottoms of rolls with mayonnaise; top with lettuce and burgers. Add tops of rolls. If desired, serve with Tomato Kabobs.

NUTRITION FACTS PER SERVING:
623 cal., 35 g total fat (6 g sat. fat), 28 mg chol., 871 mg sodium, 38 g carb., 2 g dietary fiber, 38 g protein.

Tomato Kabobs

Measure four 6-inch sprigs of fresh rosemary. Leaving ½ inch of leaves intact at the top of each sprig, use your fingers to pull the remaining leaves down and away, exposing stems. Using a bamboo skewer, make a hole through the stem ends of 16 cherry tomatoes. Thread four tomatoes onto each rosemary sprig.

Salmon Burgers

START TO FINISH 30 minutes MAKES 4 servings

- 1 **1-pound fresh or frozen skinless salmon fillet**
- ¼ **cup light mayonnaise**
- 2 **tablespoons snipped fresh dill**
- ⅓ **cup fine dry bread crumbs**
- ¼ **cup thinly sliced green onions (2)**
- ¼ **teaspoon salt**
- ¼ **teaspoon ground black pepper**
- **Nonstick cooking spray**
- 4 **whole wheat hamburger buns, split and toasted**

1 Thaw fish, if frozen. In a small bowl combine mayonnaise and 1 tablespoon of the dill; set aside.

2 Rinse fish; pat dry with paper towels. Cut fish into pieces. In a food processor combine the remaining 1 tablespoon dill, fish pieces, bread crumbs, green onions, salt, and pepper. Cover and process with on/off pulses until fish is finely chopped. Shape fish mixture into four 3-inch-diameter patties. Lightly coat both sides of patties with cooking spray.

3 For a charcoal grill, grill patties on the rack of an uncovered grill directly over medium-hot coals about 10 minutes or until fish flakes easily when tested with a fork, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium-high. Place patties on grill rack over heat. Cover and grill as above.)

4 Serve burgers in toasted buns with mayonnaise mixture.

NUTRITION FACTS PER SERVING:
406 cal., 19 g total fat (3 g sat. fat), 72 mg chol., 609 mg sodium, 29 g carb., 3 g dietary fiber, 28 g protein.

Tomato-Basil Turkey Burgers

START TO FINISH 30 minutes MAKES 8 servings

- 2 pounds uncooked ground turkey breast
- 2 tablespoons finely chopped oil-packed dried tomato
- 2 tablespoons snipped fresh basil
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 4 ounces smoked or fresh mozzarella cheese, thinly sliced
- 2 cups lightly packed arugula or watercress
- 8 sourdough or other hamburger buns, split and toasted
- 1 large yellow sweet pepper, roasted* and cut into strips, or ¾ cup roasted red sweet pepper strips (optional)
- 1 recipe Pesto Mayonnaise (optional)

1 In a large bowl combine ground turkey, dried tomato, basil, salt, and black pepper; mix well. Shape mixture into eight ½-inch-thick patties.

2 For a charcoal grill, grill patties on the rack of an uncovered grill directly over medium coals for 10 to 13 minutes or until no longer pink (165°F), turning once halfway through grilling and adding cheese for the last 1 to 2 minutes of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.)

3 Place arugula on bottoms of toasted buns; add burgers. If desired, top with pepper strips and Pesto Mayonnaise. Add tops of buns.

NUTRITION FACTS PER SERVING:
328 cal., 5 g total fat (2 g sat. fat), 65 mg chol., 700 mg sodium, 33 g carb., 2 g dietary fiber, 35 g protein.

Pesto Mayonnaise

In a small bowl stir together ⅓ cup fat-free mayonnaise and ¼ cup basil pesto. Season to taste with salt, ground black pepper, and bottled hot pepper sauce.

*tip

To roast the sweet pepper on the grill, quarter pepper lengthwise; remove stem, seeds, and membranes. For a charcoal grill, grill pepper pieces, skin sides down, on the rack of an uncovered grill directly over medium coals about 10 minutes or until blistered and dark. (For a gas grill, preheat grill. Reduce heat to medium. Place pepper pieces, skin sides down, on grill rack over heat. Cover and grill as above.) Wrap pepper pieces in foil; let stand about 15 minutes or until cool enough to handle. Using a sharp knife, loosen edges of skins; gently pull off skins in strips and discard.

Turkey Pizza Burgers

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 egg, lightly beaten**
- **¼ cup quick-cooking rolled oats**
- **4 teaspoons snipped fresh oregano**
- **⅛ teaspoon salt**
- **⅛ teaspoon ground black pepper**
- **1 pound uncooked ground turkey breast**
- **4 slices provolone cheese (2 ounces)**
- **½ cup reduced-sodium red pasta sauce**
- **4 whole wheat hamburger buns, split and toasted**

1 In a medium bowl combine egg, oats, 2 teaspoons of the oregano, the salt, and pepper. Add ground turkey; mix well. Shape turkey mixture into four ¾-inch-thick patties.

2 For a charcoal grill, grill patties on the rack of an uncovered grill directly over medium coals for 14 to 18 minutes or until no longer pink (165°F), turning once halfway through grilling and adding cheese for the last 1 minute of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.)

3 Meanwhile, in a small saucepan cook pasta sauce until heated through.

4 Place burgers on bottoms of buns. Top with pasta sauce and the remaining 2 teaspoons oregano. Add tops of buns.

NUTRITION FACTS PER SERVING:
354 cal., 9 g total fat (3 g sat. fat), 133 mg chol., 487 mg sodium, 28 g carb., 3 g dietary fiber, 38 g protein.

Italian Sausage Burgers

START TO FINISH 30 minutes MAKES 4 servings

- 1 cup marinara sauce
- ¼ cup finely shredded Parmesan cheese (1 ounce)
- 2 tablespoons snipped fresh basil or 2 teaspoons dried basil, crushed
- 1 pound ground beef
- 4 ounces bulk pork sausage
- 4 slices Italian bread, toasted
- ¼ to ½ cup shredded provolone or mozzarella cheese (1 to 2 ounces)
- Shredded fresh basil (optional)

1 In a large bowl combine 2 tablespoons of the marinara sauce, the Parmesan cheese, and snipped basil. Add ground beef and sausage; mix well. Shape meat mixture into four ¾-inch-thick patties.

2 For a charcoal grill, grill patties on the rack of an uncovered grill directly over medium coals for 14 to 18 minutes or until done (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.)

3 Place burgers on toasted bread slices. Heat the remaining marinara sauce; spoon over burgers. Sprinkle with provolone cheese and, if desired, top with shredded basil.

NUTRITION FACTS PER SERVING:
548 cal., 34 g total fat (14 g sat. fat), 109 mg chol., 796 mg sodium, 24 g carb., 2 g dietary fiber, 31 g protein.

Greek-Style Sloppy Joes

START TO FINISH 20 minutes MAKES 6 sandwiches

- 1 pound lean ground lamb or beef
- ½ cup chopped onion (1 medium)
- 1 15-ounce can tomato sauce
- ⅓ cup bulgur
- 1 teaspoon dried oregano, crushed
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cups shredded romaine lettuce
- 6 kaiser rolls, split and toasted
- 1 cup crumbled feta cheese with tomato and basil or plain feta cheese (4 ounces)

1 In a large skillet cook ground meat and onion over medium-high heat until meat is brown, using a wooden spoon to break up meat as it cooks. Drain off fat. Stir in tomato sauce, bulgur, oregano, salt, and pepper. Bring to boiling; reduce heat. Simmer, uncovered, about 5 minutes or to desired consistency, stirring occasionally.

2 Divide lettuce among bottoms of rolls. Spoon meat mixture onto lettuce and sprinkle with cheese. Add tops of rolls.

NUTRITION FACTS PER SANDWICH:
418 cal., 17 g total fat (7 g sat. fat), 67 mg chol., 1,086 mg sodium, 42 g carb., 4 g dietary fiber, 23 g protein.

Anytime Egg Sandwich

START TO FINISH 30 minutes OVEN 400°F MAKES 4 sandwiches

- ⅔ cup chopped roma tomatoes (2 medium)
- 2 green onions, finely chopped*
- ¼ cup fresh cilantro leaves
- 1 medium fresh jalapeño chile pepper, finely chopped**
- Salt
- Ground black pepper
- ¼ cup butter, melted
- 1 teaspoon ground ancho chile pepper or chili powder
- 4 ciabatta buns or other hearty rolls, split
- 1 cup shredded Monterey Jack cheese (4 ounces)
- 4 eggs
- 8 slices bacon, crisp-cooked and drained
- 1 avocado, seeded, peeled, and mashed
- Lime wedges (optional)

1 Preheat oven to 400°F. For pico de gallo, in a medium bowl combine tomatoes, the chopped white parts of the green onions (reserve the chopped green parts), cilantro, and jalapeño chile pepper. Season to taste with salt and black pepper; set aside.

2 In a small bowl stir together melted butter and ancho chile pepper. Brush the uncut side of tops of buns with some of the butter mixture (reserve the remaining butter mixture). Place tops of buns, cut sides down, on a baking sheet. Sprinkle cut sides of bottoms of buns with cheese; place on baking sheet. Bake about 5 minutes or until buns are golden brown and cheese is melted.

3 Meanwhile, beat eggs with a whisk until pale yellow in color. Season with additional salt and black pepper. Stir in the reserved green parts of the green onions. Brush a 12-inch nonstick skillet with the remaining butter mixture. Add egg mixture to skillet. Cook over medium heat, stirring eggs gently but continuously with a spatula until mixture resembles small pieces of cooked egg surrounded by liquid egg. Stop stirring. Cook for 30 to 60 seconds more or until egg mixture is set but shiny. Turn out onto a baking sheet. Cut into 4 portions.

4 Place egg portions on bottoms of buns, folding to fit. Layer bacon, avocado, and pico de gallo. Add tops of buns. If desired, serve with lime wedges.

NUTRITION FACTS PER SANDWICH:
590 cal., 39 g total fat (18 g sat. fat), 285 mg chol., 1165 mg sodium, 35 g carb., 5 g dietary fiber, 26 g protein.

*tip

Use the white parts of the green onions in the pico de gallo and the green parts in the eggs.

**tip

Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

Chicken-Apple Crunch Salad Sandwich

START TO FINISH 25 minutes MAKES 4 sandwiches

- 1½ cups shredded purchased roasted chicken
- 1½ cups chopped Granny Smith apple
- ½ cup chopped celery (1 stalk)
- ⅓ cup dried cranberries
- 2 tablespoons sliced green onion (1)
- ⅓ cup light mayonnaise
- ⅓ cup light sour cream
- 1 tablespoon lemon juice
- ⅛ teaspoon salt
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground black pepper
- 4 8-inch multigrain flour tortillas or 4 whole wheat pita bread rounds, halved crosswise

1 In a large bowl combine chicken, apple, celery, dried cranberries, and green onion.

2 In a small bowl stir together mayonnaise, sour cream, lemon juice, salt, cinnamon, and pepper. Add sour cream mixture to chicken mixture; stir to coat.

3 Spoon chicken mixture onto tortillas; roll up or fold tortillas.

NUTRITION FACTS PER SANDWICH:
408 cal., 21 g total fat (6 g sat. fat), 69 mg chol., 1,080 mg sodium, 42 g carb., 7 g dietary fiber, 18 g protein.

Double Pork–Cuban Sandwiches

START TO FINISH 30 minutes MAKES 4 sandwiches

- 2 tablespoons Dijon-style mustard
- 2 tablespoons mayonnaise or salad dressing
- 1 teaspoon lime juice
- 1/8 teaspoon ground cumin
- 4 English muffins or ciabatta buns, split
- 8 ounces thinly sliced cooked ham
- 8 slices packaged ready-to-serve cooked bacon
- 8 lengthwise sandwich pickle slices
- 4 slices provolone or Swiss cheese (about 4 ounces)
- 1 tablespoon butter, softened

1 In a small bowl combine mustard, mayonnaise, lime juice, and cumin. Spread cut sides of muffins with mayonnaise mixture. Layer ham, bacon, pickle slices, and cheese. Replace tops of muffins, spread sides down. Spread outsides of sandwiches with butter.

2 Preheat a covered indoor grill, panini press, grill pan, or large skillet. Place sandwiches, two at a time if necessary, in grill or panini press. Cover and cook for 6 to 8 minutes or until golden brown and cheese is melted. (If using a grill pan or skillet, place sandwiches on grill pan or skillet. Weight sandwiches down with a heavy skillet [add food cans for more weight] and cook for 2 minutes. Turn sandwiches over, weight down, and cook for 2 to 3 minutes more or until golden brown and cheese is melted.)

NUTRITION FACTS PER SANDWICH:
426 cal., 22 g total fat (10 g sat. fat), 65 mg chol., 1,755 mg sodium, 29 g carb., 2 g dietary fiber, 24 g protein.

Grilled Turkey–Apricot Sandwiches

START TO FINISH 20 minutes MAKES 4 sandwiches

- 3 tablespoons apricot preserves
- 2 tablespoons Dijon-style mustard
- 8 slices whole grain bread
- 8 ounces sliced cooked turkey breast
- 4 slices Muenster cheese
- ¼ cup butter, softened

1 In a small bowl combine preserves and mustard. Spread one side of bread slices with mustard mixture. On four of the bread slices layer turkey and cheese. Top with the remaining four bread slices, spread sides down. Spread outsides of sandwiches with butter.

2 Heat a griddle or large skillet over medium heat. Add sandwiches, two at a time if necessary, and cook for 4 to 6 minutes or until golden brown and cheese is melted, turning once.

NUTRITION FACTS PER SANDWICH:
471 cal., 21 g total fat (11 g sat. fat), 75 mg chol., 1,238 mg sodium, 42 g carb., 8 g dietary fiber, 26 g protein.

Open-Face Chicken and Basil Sandwiches

START TO FINISH 30 minutes MAKES 8 sandwiches

- 1 8-ounce container whipped cream cheese
- ½ cup snipped fresh basil
- 3 tablespoons bottled ranch salad dressing
- 2 6-ounce packages refrigerated chopped cooked chicken breast
- 1 cup chopped roma tomatoes (3 medium)
- 2 tablespoons snipped fresh basil
- 8 ½-inch slices French or Italian bread, toasted
- ½ cup finely shredded Parmesan cheese (2 ounces)

1 Preheat broiler. In a small bowl combine cream cheese, ½ cup basil, and salad dressing; set aside. In a medium bowl combine chicken, tomatoes, and 2 tablespoons basil.

2 Spread one side of bread slices with cream cheese mixture; place on a baking sheet. Top with chicken mixture; sprinkle with cheese. Broil 3 to 4 inches from the heat for 1 to 2 minutes or until heated through and cheese is melted.

NUTRITION FACTS PER SANDWICH:
268 cal., 15 g total fat (7 g sat. fat), 62 mg chol., 795 mg sodium, 17 g carb., 1 g dietary fiber, 17 g protein.

Cajun-Spiced Turkey Sandwiches

START TO FINISH 20 minutes MAKES 4 sandwiches

- ⅓ cup light mayonnaise or salad dressing
- 1 teaspoon purchased salt-free Cajun seasoning or Homemade Salt-Free Cajun Seasoning
- 1 clove garlic, minced
- 8 thin slices firm-texture whole wheat bread, toasted if desired
- 1 cup fresh spinach leaves
- 8 ounces reduced-sodium cooked turkey breast, sliced
- 4 slices tomato
- 1 small green sweet pepper or poblano chile pepper*, seeded and sliced

1 In a small bowl stir together mayonnaise, Cajun seasoning, and garlic. Spread one side of bread slices with mayonnaise mixture.

2 Arrange spinach on four of the bread slices. Layer with turkey, tomato, and sweet pepper. Top with the remaining four bread slices, spread sides down.

NUTRITION FACTS PER SANDWICH:
210 cal., 9 g total fat (1 g sat. fat), 37 mg chol., 635 mg sodium, 19 g carb., 3 g dietary fiber, 16 g protein.

Homemade Salt-Free Cajun Seasoning

In a small bowl stir together ¼ teaspoon ground white pepper, ¼ teaspoon garlic powder, ¼ teaspoon onion powder, ¼ teaspoon paprika, ¼ teaspoon ground black pepper, and ⅛ to ¼ teaspoon cayenne pepper.

***tip**

Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

Garlic-Mustard Steak Sandwiches

START TO FINISH 30 minutes MAKES 4 sandwiches

- 8 ½-inch slices French bread
- 1 tablespoon honey mustard
- 2 cloves garlic, minced
- ½ teaspoon dried marjoram or thyme, crushed
- ¼ teaspoon coarse ground black pepper
- 12 ounces beef flank steak
- 1 large red onion, cut into ½-inch slices
- 2 tablespoons light sour cream
- 2 ounces thinly sliced reduced-fat Swiss cheese

1 Preheat broiler. Place bread slices on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 2 to 4 minutes or until toasted, turning once halfway through broiling. Transfer to a wire rack; set aside.
In a small bowl stir together honey mustard, garlic, marjoram, and pepper; set aside.

2 Trim fat from meat. Score both sides of meat in a diamond pattern by making shallow diagonal cuts at 1-inch intervals. Place meat on one side of the broiler pan. Divide the mustard mixture in half. Spread half of the mustard mixture over meat. Place onion slices beside meat on broiler pan.

3 Broil 4 to 5 inches from the heat for 15 to 18 minutes or until meat is medium (160°F) and onion is crisp-tender, turning onion slices once halfway through broiling (do not turn meat). Thinly slice meat diagonally across the grain. Separate onion slices into rings.

4 In a small bowl stir together sour cream and the remaining mustard mixture. Spread sour cream mixture on half of the bread slices. Layer with meat, red onion, and cheese. Return to the broiler pan. Broil about 1 minute or until cheese is melted. Top with the remaining bread slices.

NUTRITION FACTS PER SANDWICH:
334 cal., 9 g total fat (4 g sat. fat), 38 mg chol., 425 mg sodium, 35 g carb., 2 g dietary fiber, 30 g protein.

Tote-and-Slice Salami and Cheese Loaf

START TO FINISH **25 minutes** MAKES **6 sandwiches**

- ¾ **cup dried tomatoes (not oil pack)**
- 1 **16-ounce loaf unsliced Italian or French bread**
- ½ **of an 8-ounce package cream cheese, softened**
- ⅓ **cup basil pesto**
- 8 **ounces thinly sliced provolone cheese**
- 8 **ounces thinly sliced peppered or regular salami**
- 1 **medium fresh banana chile pepper or 8 bottled banana chile peppers, stemmed, seeded, and sliced**
- ½ **of a medium red onion, thinly sliced**
- **Small bottled pepperoncini salad peppers and/or pimiento-stuffed green olives (optional)**

1 In a small bowl combine dried tomatoes and enough boiling water to cover. Let stand for 10 minutes; drain. Place tomatoes in a food processor. Cover and process until finely chopped. (Or finely chop drained tomatoes by hand.)

2 Using a serrated knife, cut bread in half horizontally. Remove some of the soft bread from bottom half of loaf, leaving a ½-inch shell.

3 Spread cream cheese on cut sides of bread. Spread top half with finely chopped tomatoes and bottom half with pesto. On the bottom half layer half of the provolone cheese, the salami, banana chile pepper, red onion, and the remaining provolone cheese. Add top half of bread, cream cheese side down.

4 If toting, tightly wrap loaf in plastic wrap. Tote in an insulated cooler with ice packs.

5 To serve, slice loaf crosswise into six sandwiches. If desired, secure with long wooden picks threaded with pepperoncini peppers and/or olives.

NUTRITION FACTS PER SANDWICH:

588 cal., 34 g total fat (14 g sat. fat), 69 mg chol., 1,645 mg sodium, 46 g carb., 4 g dietary fiber, 24 g protein.

Chicken Club Sandwiches with Avocado Spread

START TO FINISH 15 minutes MAKES 4 sandwiches

- **1 medium ripe avocado**
- **1 tablespoon lime juice**
- **Salt**
- **Ground black pepper**
- **4 potato rolls, ciabatta buns, or hamburger buns, split and toasted**
- **1 6-ounce package refrigerated Southwestern cooked chicken breast strips***
- **8 slices packaged ready-to-serve cooked bacon**
- **1 small tomato, thinly sliced**

1 Seed and peel avocado. In a medium bowl mash avocado with a fork or the back of a wooden spoon; stir in lime juice. Season to taste with salt and pepper. Set aside.

2 On bottoms of rolls layer chicken, bacon, and tomato. Spread tops of rolls with avocado mixture; add tops of rolls, spread sides down.

NUTRITION FACTS PER SANDWICH:
280 cal., 12 g total fat (3 g sat. fat), 38 mg chol., 892 mg sodium, 27 g carb., 5 g dietary fiber, 17 g protein.

***tip**

For a warm sandwich, heat chicken strips according to package directions. Assemble as directed.

Grilled Chicken–Mole Sandwiches

START TO FINISH **30 minutes** MAKES **4 sandwiches**

- **1 small avocado, seeded, peeled, and mashed**
- **2 tablespoons mayonnaise**
- **¼ teaspoon salt**
- **¼ teaspoon cayenne pepper**
- **4 skinless, boneless chicken breast halves (about 1¼ pounds total)**
- **Salt**
- **Ground black pepper**
- **⅓ cup mole sauce**
- **4 4- to 6-inch ciabata buns, split and toasted**
- **Tomato slices**
- **Baby romaine lettuce or other lettuce leaves**

1 In a small bowl stir together avocado, mayonnaise, ¼ teaspoon salt, and cayenne pepper. Cover and chill until ready to serve.

2 Sprinkle chicken with additional salt and black pepper. Using a sharp knife, cut a horizontal slit two-thirds of the way through each chicken piece. Open each piece and spread with 1 tablespoon of the mole sauce; fold closed.

3 For a charcoal grill, grill chicken on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until chicken is no longer pink (170°F), turning once halfway through grilling and brushing with the remaining mole sauce during the last 3 minutes of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place chicken on grill rack over heat. Cover and grill as above.)

4 Cut chicken diagonally into ¼- to ½-inch slices. Spread avocado mixture on bottoms of buns. Layer with chicken, tomato, and lettuce. Add tops of buns.

NUTRITION FACTS PER SANDWICH:
624 cal., 18 g total fat (3 g sat. fat), 85 mg chol., 1,101 mg sodium, 67 g carb., 7 g dietary fiber, 46 g protein.

Mole (pronounced MO-lay) is the Spanish word for mixture. Traditionally, the Mexican sauce includes roasted and ground pumpkin seeds, onions, herbs, and two or more types of chiles.

Avocado BLT Sandwiches

START TO FINISH 25 minutes MAKES 4 sandwiches

- 1 large ripe avocado
- 2 tablespoons light mayonnaise
- 1 teaspoon lemon juice
- 1 clove garlic, minced
- 8 slices whole wheat bread, toasted
- 4 slices bacon, crisp-cooked, drained, and halved crosswise
- 4 leaves romaine lettuce
- 1 large tomato, thinly sliced

1 Seed and peel avocado. Transfer one-half of the avocado to a small bowl; mash with a fork or the back of a wooden spoon. Stir in mayonnaise, lemon juice, and garlic; set aside. Thinly slice the remaining avocado half.

2 On four of the bread slices layer avocado slices, bacon, lettuce, and tomato. Spread the remaining four bread slices with mayonnaise mixture; place over tomato, spread sides down.

NUTRITION FACTS PER SANDWICH:
257 cal., 14 g total fat (2 g sat. fat), 10 mg chol., 432 mg sodium, 27 g carb., 7 g dietary fiber, 9 g protein.

Ham and Swiss Grilled Sandwiches

START TO FINISH 15 minutes MAKES 2 sandwiches

- 4 slices firm-texture whole wheat, white, or sourdough bread
- 2 to 3 teaspoons Dijon-style mustard
- 2 ounces thinly sliced cooked ham
- 2 slices Swiss cheese (2 ounces)
- 1 egg white
- ¼ cup milk
- Nonstick cooking spray

1 Spread one side of two of the bread slices with mustard. Layer ham and cheese; top with the remaining two bread slices. In a shallow dish combine egg white and milk.

2 Coat a nonstick griddle or large skillet with cooking spray; heat griddle over medium heat. Dip each sandwich into egg mixture, turning to coat. Place sandwiches on griddle; cook for 2 to 4 minutes or until golden brown and cheese is melted, turning once.

NUTRITION FACTS PER SANDWICH:
317 cal., 13 g total fat (6 g sat. fat), 43 mg chol., 855 mg sodium, 31 g carb., 0 g dietary fiber, 20 g protein.

Veggie-Cheese Sandwich and Tomato Soup

START TO FINISH 25 minutes MAKES 4 servings

- 8 ½-inch slices crusty country white or whole wheat French bread
- 2 tablespoons honey mustard or bottled ranch salad dressing
- 4 ounces thinly sliced farmer cheese or cheddar cheese
- ½ cup thinly sliced cucumber or roma tomatoes
- ½ cup fresh spinach leaves or packaged shredded broccoli (broccoli slaw mix)
- ¼ cup thinly sliced red onion or red sweet pepper strips
- 1 tablespoon olive oil or vegetable oil
- 2 10.75-ounce cans condensed tomato soup
- 2½ cups water
- 1 cup chopped roma tomatoes (3 medium)
- 1 tablespoon balsamic vinegar
- ¼ cup plain low-fat yogurt or light sour cream (optional)
- 1 tablespoon snipped fresh chives

1 Spread one side of bread slices with honey mustard. On four of the bread slices layer cheese, cucumber, spinach, and red onion. Top with the remaining four bread slices, mustard sides down. Brush outsides of sandwiches with oil.

2 Preheat a covered indoor grill, panini press, grill pan, or large skillet. Place sandwiches, two at a time if necessary, in grill or panini press. Cover and cook about 6 minutes or until golden brown and cheese is melted. (If using a grill pan or skillet, place sandwiches on grill pan or skillet. Weight sandwiches down with a heavy skillet [add food cans for more weight] and cook for 2 minutes. Turn sandwiches over, weight down, and cook about 2 minutes more or until golden brown and cheese is melted.)

3 Meanwhile, in a medium saucepan stir together soup, the water, tomatoes, and vinegar; heat through. If desired, top each serving with yogurt; swirl slightly. Sprinkle with chives. Serve sandwiches with soup.

NUTRITION FACTS PER SERVING:

413 cal., 13 g total fat (3 g sat. fat), 9 mg chol., 1,380 mg sodium, 60 g carb., 4 g dietary fiber, 11 g protein.

Open-Face Italian Beef Sandwiches

START TO FINISH 20 minutes MAKES 4 sandwiches

- ¼ cup white wine vinegar or cider vinegar
- 1 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 17-ounce package refrigerated cooked Italian-style beef roast au jus, undrained
- 1 cup sliced baby or regular red and/or yellow sweet peppers
- 2 square whole grain ciabatta buns, split
- 4 slices provolone cheese (4 ounces)
- 2 tablespoons snipped fresh Italian (flat-leaf) parsley
- Snipped fresh Italian (flat-leaf) parsley (optional)

1 Preheat broiler. In a large microwave-safe bowl combine vinegar, sugar, salt, and pepper. Stir in meat with juices and sweet peppers. Microwave, covered, on 100 percent power (high) for 4 minutes.

2 Meanwhile, place buns, cut sides up, on a baking sheet. Broil 3 to 4 inches from the heat about 1 minute or until lightly toasted. Top with cheese. Broil for 1 to 2 minutes more or until cheese is melted.

3 Using a fork, coarsely shred meat. Stir in 2 tablespoons parsley. Using a slotted spoon, mound meat mixture onto toasted bun halves. If desired, sprinkle with additional parsley. Serve with any remaining juices.

NUTRITION FACTS PER SANDWICH:
341 cal., 15 g total fat (8 g sat. fat), 78 mg chol., 774 mg sodium, 22 g carb., 2 g dietary fiber, 31 g protein.

Antipasto Panini

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 9- to 10-inch Italian flatbread (focaccia)**
- **¼ cup olive tapenade and/or pesto**
- **4 ounces sliced provolone cheese**
- **3 ounces sliced salami**
- **3 ounces sliced capicola**
- **4 pepperoncini salad peppers**
- **6 large fresh basil leaves**
- **2 tablespoons butter, softened**

1 Using a serrated knife, cut focaccia in half horizontally. If necessary, trim off tops or bottoms of focaccia halves to make each about ¾ inch thick. Spread cut sides of focaccia with tapenade.

2 On one of the focaccia halves layer half of the cheese, salami, capicola, pepperoncini peppers, and basil. Top with the remaining cheese and the remaining focaccia half, tapenade side down. Spread outside of sandwich with butter.

3 For a charcoal grill, arrange medium-hot coals around edge of grill. Test for medium heat above center of grill. Place sandwich on grill rack over center of grill. Weight sandwich down with a baking sheet topped with 2 bricks. Cover and grill for 6 to 8 minutes or until golden brown. Turn sandwich over and weight down. Cover and grill for 6 to 8 minutes more or until golden brown and cheese is melted. (For a gas grill, preheat grill. Reduce heat to medium. Adjust for indirect cooking. Grill as above.)

NUTRITION FACTS PER SERVING:
604 cal., 35 g total fat (13 g sat. fat), 78 mg chol., 1,912 mg sodium, 51 g carb., 3 g dietary fiber, 25 g protein.

Chicken Panini Sandwiches

START TO FINISH 20 minutes MAKES 4 sandwiches

- ⅓ cup fat-free mayonnaise or salad dressing
- 2 cloves garlic, minced
- 1 teaspoon dried Italian seasoning, crushed
- 8 ½-inch slices crusty country multigrain bread
- 1½ cups sliced or shredded cooked chicken breast
- ½ cup roasted red sweet pepper strips
- 1 cup lightly packed fresh basil leaves
- 4 teaspoons olive oil

1 In a small bowl stir together mayonnaise, garlic, and Italian seasoning. Spread one side of bread slices with mayonnaise mixture. On four of the bread slices layer chicken, roasted pepper, and basil. Top with the remaining four bread slices, spread sides down. Lightly brush outsides of sandwiches with oil.

2 Preheat a covered indoor grill, panini press, grill pan, or large skillet. Place sandwiches, two at a time if necessary, in grill or panini press. Cover and cook about 6 minutes or until golden brown and heated through. (If using a grill pan or skillet, place sandwiches on grill pan or skillet. Weight sandwiches down with a heavy skillet [add food cans for more weight] and cook for 2 minutes. Turn sandwiches over, weight down, and cook about 2 minutes more or until golden brown and heated through.)

NUTRITION FACTS PER SANDWICH:
312 cal., 9 g total fat (1 g sat. fat), 47 mg chol., 390 mg sodium, 35 g carb., 9 g dietary fiber, 25 g protein.

Tuna and White Bean Panini

START TO FINISH **30 minutes** MAKES **4 sandwiches**

- **1 15-ounce can cannellini beans (white kidney beans), rinsed, drained, and slightly mashed**
- **2 7.1-ounce packages albacore tuna (water pack), drained and slightly flaked**
- **¼ cup finely chopped red onion**
- **2 cloves garlic, minced**
- **¼ cup mayonnaise**
- **8 ½-inch slices crusty country Italian or sourdough bread, or white or whole wheat sandwich bread**
- **3 tablespoons butter, softened**
- **Garlic-flavor oil (optional)**
- **2 medium tomatoes, thinly sliced**
- **1 cup lightly packed large fresh basil leaves**
- **4 ounces sliced provolone cheese**
- **Cherry tomatoes (optional)**

1 In a medium bowl combine beans, tuna, red onion, and garlic. Stir in mayonnaise; set aside.

2 Spread one side of bread slices with butter. If desired, brush the remaining sides with garlic-flavor oil. Spread tuna mixture on the unbuttered sides of four of the bread slices. Layer with tomatoes, basil, and cheese. Top with the remaining bread slices, buttered sides up.

3 Preheat a covered indoor grill, panini press, grill pan, or large skillet. Place sandwiches, two at a time if necessary, in grill or panini press. Cover and cook about 6 minutes or until golden brown and cheese is melted. (If using a grill pan or skillet, place sandwiches on grill pan or skillet. Weight sandwiches down with a heavy skillet [add food cans for more weight] and cook for 2 minutes. Turn sandwiches over, weight down, and cook about 2 minutes more or until golden brown and cheese is melted.)

4 If desired, garnish each sandwich with a wooden pick threaded with a cherry tomato.

NUTRITION FACTS PER SANDWICH:
630 cal., 33 g total fat (8 g sat. fat), 93 mg chol., 1,090 mg sodium, 45 g carb., 8 g dietary fiber, 43 g protein.

Apple, Ham, and Brie Panini

START TO FINISH 20 minutes MAKES 4 sandwiches

- 8 ½-inch slices sourdough bread
- 2 ounces low-fat, reduced-sodium sliced cooked ham, cut into bite-size strips
- 1½ ounces brie cheese, sliced
- 2 medium tart apples, cored and thinly sliced
- ½ cup whole cranberry sauce
- 2 tablespoons olive oil

1 On four of the bread slices layer ham, cheese, and apples. Spread the remaining four bread slices with cranberry sauce; place on sandwiches, cranberry sides down. Brush outsides of sandwiches with oil.

2 Preheat a covered indoor grill, panini press, grill pan, or large skillet. Place sandwiches, two at a time if necessary, in grill or panini press. Cover and cook about 6 minutes or until golden brown and cheese is melted. (If using a grill pan or skillet, place sandwiches on grill pan or skillet. Weight sandwiches down with a heavy skillet [add food cans for more weight] and cook for 2 minutes. Turn sandwiches over, weight down, and cook about 2 minutes more or until golden brown and cheese is melted.)

NUTRITION FACTS PER SANDWICH:
333 cal., 11 g total fat (3 g sat. fat), 18 mg chol., 505 mg sodium, 49 g carb., 3 g dietary fiber, 10 g protein.

Turkey Panini with Basil Aioli

START TO FINISH **30 minutes** MAKES **4 sandwiches**

- **2 tablespoons mayonnaise or salad dressing**
- **1 tablespoon basil pesto**
- **4 ciabatta buns, split, or 8 slices sourdough bread**
- **8 ounces thinly sliced cooked turkey breast**
- **1 3.5-ounce package thinly sliced pepperoni**
- **½ cup sliced roasted red sweet pepper**
- **4 ounces sliced provolone cheese**
- **1 to 2 tablespoons olive oil**

1 In a small bowl combine mayonnaise and pesto. Spread cut sides of buns with pesto mixture. On bottoms of buns layer turkey, pepperoni, and roasted pepper, and cheese. Add tops of buns. Lightly brush outsides of sandwiches with oil.

2 Preheat a covered indoor grill, panini press, grill pan, or large skillet. Place sandwiches, two at a time if necessary, in grill or panini press. Cover and cook for 6 to 8 minutes or until golden brown and cheese is melted. (If using a grill pan or skillet, place sandwiches on grill pan or skillet. Weight sandwiches down with a heavy skillet [add food cans for more weight] and cook for 2 minutes. Turn sandwiches over, weight down, and cook for 2 to 3 minutes more or until golden brown and cheese is melted.)

NUTRITION FACTS PER SANDWICH:
506 cal., 30 g total fat (11 g sat. fat), 80 mg chol., 1,534 mg sodium, 30 g carb., 2 g dietary fiber, 29 g protein.

Cheesy Ham and Pesto Panini

START TO FINISH 30 minutes MAKES 6 sandwiches

- ¼ cup mayonnaise
- 1 tablespoon basil pesto
- 1 16-ounce loaf unsliced ciabatta bread or Italian bread
- 6 ounces thinly sliced provolone cheese
- 6 ounces thinly sliced cooked ham and/or salami
- 2 cups fresh spinach or arugula
- 2 tablespoons olive oil

1 In a small bowl stir together mayonnaise and pesto; set aside.

2 Using a serrated knife, cut bread in half horizontally. Place half of the cheese on bottom half of bread. Spread cheese with mayonnaise mixture. Layer with ham, spinach, and the remaining cheese. Add top half of bread. Brush outside of bread with oil. Cut crosswise into six sandwiches.

3 Preheat a covered indoor grill, panini press, grill pan, or large skillet. Place sandwiches, three at a time if necessary, in grill or panini press. Cover and cook about 6 minutes or until golden brown and cheese is melted. (If using a grill pan or skillet, place sandwiches on grill pan or skillet. Weight sandwiches down with a heavy skillet [add food cans for more weight] and cook for 3 minutes. Turn sandwiches over, weight down, and cook about 3 minutes more or until golden brown and cheese is melted.)

NUTRITION FACTS PER SANDWICH:
429 cal., 23 g total fat (8 g sat. fat), 39 mg chol., 954 mg sodium, 37 g carb., 2 g dietary fiber, 19 g protein.

Customize a grilled sandwich or panini by altering the fillings to fit your taste. Try these options:

- Camembert with apples and pancetta
- Brie with turkey and cranberries
- Fontina with caramelized onions and pears
- Blue cheese and crumbled walnuts

Turkey-Mango Quesadillas

START TO FINISH **30 minutes** MAKES **4 servings**

- **4 8-inch flour tortillas**
- **1 tablespoon vegetable oil**
- **1½ cups chopped cooked or smoked turkey or chicken (about 8 ounces)**
- **6 ounces Gouda or smoked Gouda cheese, thinly sliced or shredded**
- **1 cup mango salsa or mango-peach salsa**
- **½ cup sliced roasted red sweet pepper**
- **¼ cup snipped fresh cilantro (optional)**

1 Brush one side of tortillas with oil. Place tortillas, oiled sides down, on a work surface or waxed paper. On half of each tortilla layer turkey, cheese, ½ cup of the salsa, the roasted pepper, and, if desired, cilantro. Fold tortillas in half, pressing gently.

2 Heat a 12-inch skillet over medium heat. Add quesadillas, two at a time, and cook about 6 minutes or until light brown and heated through, turning once.

3 Cut quesadillas into wedges. Serve warm with the remaining ½ cup salsa.

NUTRITION FACTS PER SERVING:
392 cal., 18 g total fat (9 g sat. fat), 96 mg chol., 778 mg sodium, 27 g carb., 5 g dietary fiber, 32 g protein.

Salmon and Asparagus Wraps

START TO FINISH 25 minutes MAKES 4 wraps

- 12 thin fresh asparagus spears (about 4 ounces)
- ½ cup cream cheese spread with chive and onion
- 2 teaspoons finely shredded lemon peel
- 2 tablespoons lemon juice
- ⅛ teaspoon cayenne pepper
- 6 ounces smoked salmon, flaked, with skin and bones removed
- 2 tablespoons snipped fresh basil or 1 teaspoon dried basil, crushed
- 4 6- to 7-inch whole wheat flour tortillas
- ½ of a medium red sweet pepper, seeded and cut into thin bite-size strips

1 Snap off and discard woody bases from asparagus. In a covered medium saucepan cook asparagus in a small amount of boiling, lightly salted water for 2 to 3 minutes or until crisp-tender; drain. Plunge into ice water to cool quickly; drain again. Pat dry with paper towels.

2 In a medium bowl stir together cream cheese spread, lemon peel, lemon juice, and cayenne pepper. Fold in salmon and basil.

3 Spread salmon mixture on tortillas. Top with asparagus and sweet pepper. Roll up tortillas. If necessary, secure with toothpicks.

NUTRITION FACTS PER WRAP:
254 cal., 14 g total fat (8 g sat. fat), 40 mg chol., 697 mg sodium, 17 g carb., 10 g dietary fiber, 13 g protein.

Make-Ahead Directions: Prepare as directed. Wrap in plastic wrap and chill for up to 6 hours.

Chicken Lettuce Wraps

START TO FINISH **15 minutes** MAKES **8 wraps (4 servings)**

- **2 6-ounce packages refrigerated cooked chicken breast strips**
- **2 cups shredded cabbage with carrot (coleslaw mix)**
- **1 medium red sweet pepper, seeded and cut into bite-size strips**
- **¼ cup sliced green onions (2)**
- **2 tablespoons snipped fresh cilantro**
- **2 tablespoons teriyaki sauce or ⅓ cup peanut stir-fry sauce**
- **8 leaves butterhead (Boston or bibb) lettuce or leaf lettuce**
- **Fresh cilantro leaves (optional)**

1 In a large skillet cook and stir chicken over medium heat until heated through. Remove from heat. Stir in coleslaw mix, sweet pepper, green onions, snipped cilantro, and teriyaki sauce.

2 Divide chicken mixture among lettuce leaves. If desired, sprinkle with cilantro leaves. Roll up lettuce.

NUTRITION FACTS PER SERVING:
131 cal., 2 g total fat (1 g sat. fat), 55 mg chol., 748 mg sodium, 9 g carb., 2 g dietary fiber, 21 g protein.

Tuna and Hummus Wrap

START TO FINISH 20 minutes MAKES 4 wraps

- 1 6-ounce can low-sodium chunk white tuna (water pack), drained
- 1¼ cups peeled, seeded, and finely chopped cucumber (1 small)
- ⅓ cup seeded and chopped tomato (1 small)
- 2 tablespoons olive oil
- 1 tablespoon snipped fresh dill or 1 teaspoon dried dill, crushed
- ¼ teaspoon ground black pepper
- 4 cups torn baby romaine lettuce or mixed lettuces
- 4 8-inch whole wheat tortillas
- ⅓ cup refrigerated cucumber and dill hummus

1 In a medium bowl stir together tuna, cucumber, tomato, oil, dill, and pepper. Add lettuce; toss gently to combine.

2 Spread one side of tortillas with hummus. Divide tuna mixture among tortillas; roll up tortillas.

NUTRITION FACTS PER WRAP:
280 cal., 11 g total fat (1 g sat. fat), 19 mg chol., 482 mg sodium, 32 g carb., 4 g dietary fiber, 16 g protein.

Mexican Tuna Melt

START TO FINISH 20 minutes MAKES 4 sandwiches

- 2 6-ounce cans chunk white tuna (water pack), drained
- ¼ cup mayonnaise or salad dressing
- 2 tablespoons toasted pumpkin seeds (pepitas)* or dry roasted sunflower kernels
- 1 tablespoon finely chopped red onion
- ½ teaspoon finely shredded lime peel
- 1 tablespoon lime juice
- 1 teaspoon finely chopped chipotle pepper in adobo sauce (optional)
- 8 slices whole wheat bread
- 1 cup shredded Monterey Jack cheese with jalapeño peppers (4 ounces)
- 1 small tomato, thinly sliced
- 1 cup shredded iceberg lettuce

1 Preheat broiler. In a medium bowl combine tuna, mayonnaise, pumpkin seeds, red onion, lime peel, lime juice, and, if desired, chipotle pepper. Place four of the bread slices on a baking sheet. Spread tuna mixture on bread slices; top with cheese.

2 Broil 4 to 5 inches from the heat for 1½ to 3 minutes or until cheese is melted. Top with tomato, lettuce, and the remaining four bread slices.

NUTRITION FACTS PER SANDWICH:
467 cal., 26 g total fat (9 g sat. fat), 73 mg chol., 883 mg sodium, 24 g carb., 4 g dietary fiber, 36 g protein.

***tip**

To toast pumpkin seeds, spread seeds in a shallow baking pan. Bake in a 350°F oven for 7 to 10 minutes or until light brown. Cool.

Cucumber and Chicken Pitas

START TO FINISH **30 minutes** MAKES **6 servings**

- **2 cups shredded purchased roasted chicken**
- **2 cups cubed honeydew melon**
- **1 cup finely chopped cucumber**
- **1 cup finely chopped zucchini (1 small)**
- **¼ cup thinly sliced green onions (2)**
- **⅓ cup lime juice**
- **2 tablespoons canola oil**
- **2 tablespoons water**
- **2 tablespoons snipped fresh mint**
- **1 tablespoon sugar**
- **⅛ teaspoon ground black pepper**
- **6 whole grain pita bread rounds, halved crosswise**

1 In a large bowl toss together chicken, honeydew melon, cucumber, zucchini, and green onions.

2 For dressing, in a screw-top jar combine lime juice, oil, the water, mint, sugar, and pepper. Cover and shake well.

3 Drizzle dressing over chicken mixture; toss gently to coat. Spoon chicken mixture into pita halves.

NUTRITION FACTS PER SERVING:
339 cal., 12 g total fat (3 g sat. fat), 42 mg chol., 627 mg sodium, 46 g carb., 6 g dietary fiber, 16 g protein.

Stuffed Focaccia

START TO FINISH 20 minutes MAKES 3 servings

- ½ of a 9- to 10-inch garlic, onion, or plain Italian flatbread (focaccia)
- ½ of an 8-ounce carton mascarpone cheese
- 1 6-ounce jar marinated artichoke hearts, drained and chopped
- 1 tablespoon drained capers (optional)
- 4 ounces thinly sliced Genoa salami
- 1 cup arugula leaves

1 Using a serrated knife, cut focaccia in half horizontally. Spread cut sides of focaccia with mascarpone cheese. Sprinkle bottom half of focaccia with artichoke hearts and, if desired, capers; top with salami and arugula. Add top half of focaccia.

Make-Ahead Directions: Prepare as directed. Wrap in plastic wrap and chill for up to 4 hours.

NUTRITION FACTS PER SERVING:
545 cal., 36 g total fat (16 g sat. fat), 83 mg chol., 970 mg sodium, 43 g carb., 3 g dietary fiber, 23 g protein.

Fontina Cheese and Artichoke Pizza

START TO FINISH 30 minutes OVEN 450°F MAKES 6 servings

- 1 tablespoon olive oil or vegetable oil
- 1 medium red onion, thinly sliced
- 2 cloves garlic, minced
- 1 12-inch Italian bread shell, such as Boboli brand
- 1½ cups shredded fontina or Swiss cheese (6 ounces)
- ½ of a 9-ounce package frozen artichoke hearts, thawed and cut up
- ½ cup pitted kalamata olives, halved or quartered
- Coarse ground black pepper
- Alfredo pasta sauce, warmed (optional)

1 Preheat oven to 450°F. In a medium skillet heat oil over medium heat. Add red onion and garlic; cook until onion is tender and golden brown, stirring occasionally.

2 Place bread shell on a lightly greased baking sheet. Bake for 5 minutes. Sprinkle with ½ cup of the cheese. Top with onion mixture, artichokes, and olives. Sprinkle with the remaining 1 cup cheese. Sprinkle lightly with pepper.

3 Bake for 8 to 10 minutes more or until heated through and cheese is melted. If desired, serve pizza with warm Alfredo sauce.

NUTRITION FACTS PER SERVING:
368 cal., 18 g total fat (6 g sat. fat), 38 mg chol., 780 mg sodium, 38 g carb., 2 g dietary fiber, 16 g protein.

Olive and Arugula Flatbread

START TO FINISH 25 minutes MAKES 4 servings

- 2 cups baby arugula or fresh spinach
- 2 to 3 tablespoons olive oil
- 1 teaspoon lemon juice
- 1 teaspoon red wine vinegar
- ¼ teaspoon salt
- ⅛ teaspoon cracked black pepper
- 1 14×12-inch Italian flatbread (focaccia) or one 12-inch thin Italian bread shell
- 2 teaspoons olive oil
- ¼ cup olive pesto or tapenade
- 18 to 20 pimiento-stuffed green olives
- ¼ cup shaved Parmesan cheese (1 ounce)*

1 Place arugula in a medium bowl. For dressing, in a screw-top jar combine 2 to 3 tablespoons oil, lemon juice, vinegar, salt, and pepper. Cover and shake well. Drizzle dressing over arugula; toss gently to coat.

2 Brush focaccia with 2 teaspoons oil. For a charcoal grill, grill focaccia on the rack of an uncovered grill directly over medium coals for 1 to 2 minutes or just until golden brown, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place focaccia on grill rack over heat. Cover and grill as above.)

3 Spread focaccia with pesto. Top each with dressed arugula, olives, and cheese.

NUTRITION FACTS PER SERVING:
472 cal., 26 g total fat (6 g sat. fat), 4 mg chol., 879 mg sodium, 50 g carb., 5 g dietary fiber, 12 g protein.

***tip**

To shave the cheese, use a vegetable peeler or a grater with large holes.

Easy Barbecued Pork Pizza

START TO FINISH 30 minutes OVEN 425°F MAKES 8 servings

- **1 17- to 18-ounce tub refrigerated barbecue sauce with shredded pork**
- **1 tablespoon vegetable oil**
- **2 cups thin red and/or yellow sweet pepper strips (2 medium)**
- **1 medium onion, cut into thin wedges**
- **1 12-inch packaged prebaked pizza crust**
- **1 cup shredded Monterey Jack cheese (4 ounces)**

1 Preheat oven to 425°F. Heat barbecue sauce with pork according to package directions. Meanwhile, in a large skillet heat oil over medium-high heat. Add sweet peppers and onion; cook about 5 minutes or until crisp-tender.

2 Place pizza crust on a baking sheet. Spoon barbecue sauce with pork over crust, spreading evenly. Top with sweet pepper mixture; sprinkle with cheese. Bake about 12 minutes or until crust is light brown and cheese is melted.

NUTRITION FACTS PER SERVING:
319 cal., 11 g total fat (3 g sat. fat), 33 mg chol., 862 mg sodium, 39 g carb., 1 g dietary fiber, 17 g protein.

Individual Turkey Pizzas

START TO FINISH 25 minutes MAKES 4 pizzas

- 4 cups mesclun mix or other mixed baby greens
- ¼ cup bottled peppercorn ranch salad dressing
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 4 8-inch Italian bread shells, such as Boboli brand
- 3 cups chopped cooked turkey (about 1 pound)
- ¾ cup chopped roasted red sweet pepper
- 1½ cups shredded mozzarella cheese (6 ounces)
- Bottled peppercorn ranch salad dressing (optional)

1 Preheat broiler. In a large bowl combine mesclun mix and ¼ cup salad dressing; toss gently to coat. Set aside.

2 In a small bowl combine oil and garlic. Lightly brush tops of bread shells with oil mixture. Place bread shells, oiled sides up, on an extra-large baking sheet or two large baking sheets. Broil 4 to 5 inches from the heat for 2 to 3 minutes or until bread shells are light brown (if using two sheets, broil one sheet at a time).

3 Top bread shells with turkey and roasted pepper. Sprinkle with cheese. Broil about 2 minutes more or until cheese is melted. Top with dressed mesclun mix. If desired, serve with additional salad dressing.

NUTRITION FACTS PER PIZZA:

827 cal., 36 g total fat (13 g sat. fat), 116 mg chol., 1,287 mg sodium, 70 g carb., 3 g dietary fiber, 55 g protein.

Grilled Vegetable Pizzas

START TO FINISH **30 minutes** MAKES **4 pizzas**

- **1 medium zucchini, quartered lengthwise**
- **1 small yellow summer squash, quartered lengthwise**
- **1 small red sweet pepper, seeded and quartered lengthwise**
- **2 tablespoons olive oil**
- **¼ teaspoon salt**
- **⅛ teaspoon ground black pepper**
- **1 large ripe tomato, seeded and chopped**
- **¼ cup mayonnaise or salad dressing**
- **3 tablespoons basil pesto**
- **4 6- to 7-inch pita bread rounds or Italian bread shells, such as Boboli brand**
- **1 cup shredded mozzarella or smoked provolone cheese (4 ounces)**

1 Brush zucchini, yellow squash, and sweet pepper with oil; sprinkle with salt and black pepper. For a charcoal grill with a cover, grill vegetables, uncovered, on the grill rack directly over medium coals until crisp-tender, turning once halfway through grilling. Allow 5 to 6 minutes for zucchini and yellow squash and 8 to 10 minutes for sweet pepper. (For a gas grill, preheat grill. Reduce heat to medium. Place vegetables on grill rack over heat. Cover and grill as above.) Remove vegetables from grill.

2 Chop grilled vegetables. In a medium bowl combine chopped vegetables, tomato, mayonnaise, and pesto. Spread vegetable mixture over pita rounds. Sprinkle with cheese.

3 Return vegetable-topped pita rounds to grill. Cover and grill for 2 to 3 minutes or until pita rounds are light brown, vegetables are heated through, and cheese is melted.

NUTRITION FACTS PER PIZZA: *513 cal., 33 g total fat (6 g sat. fat), 34 mg chol., 821 mg sodium, 41 g carb., 3 g dietary fiber, 14 g protein.*

Grilled Seafood Pizzas:

Prepare as directed, except add 5 ounces smoked salmon, slightly flaked, with skin and bones removed; one 9.25-ounce can tuna, well drained and slightly flaked; or 5 ounces chopped cooked shrimp to the vegetable mixture.

NUTRITION FACTS PER SERVING: *555 cal., 34 g total fat (7 g sat. fat), 42 mg chol., 1,099 mg sodium, 41 g carb., 3 g fiber, 21 g protein.*

Grilled Chicken Pizzas:

Prepare as directed, except add 5 ounces chopped cooked chicken to the vegetable mixture.

NUTRITION FACTS PER SERVING: *581 cal., 35 g total fat (7 g sat. fat), 65 mg chol., 851 mg sodium, 41 g carb., 3 g fiber, 25 g protein.*

tip

For a crispier crust, grill untopped pita rounds on the grill rack directly over medium coals for 1 to 2 minutes or until light brown. Turn pita rounds over and spread with vegetable mixture. Continue as directed.

Meatball Pizza

START TO FINISH 25 minutes OVEN 425°F MAKES 4 servings

- **1 12-inch Italian bread shell, such as Boboli brand**
- **1 8-ounce can pizza sauce**
- **2 cups shredded fontina cheese (8 ounces)**
- **½ of a 16-ounce package (16) frozen cooked Italian-style meatballs, thawed and halved**
- **¼ cup finely shredded fresh basil**
- **¼ cup finely shredded Parmesan cheese (1 ounce)**

1 Preheat oven to 425°F. Place bread shell on a baking sheet. Spread with sauce; sprinkle with 1 cup of the fontina cheese. Top with meatballs and basil. Sprinkle with the remaining 1 cup fontina cheese and the Parmesan cheese.

2 Bake about 10 minutes or until heated through and cheese is melted.

NUTRITION FACTS PER SERVING: *698 cal., 38 g total fat (18 g sat. fat), 110 mg chol., 1,801 mg sodium, 53 g carb., 5 g dietary fiber, 38 g protein.*

Alfredo and Sweet Pepper Pizza:

Prepare as directed, except substitute a mixture of ¾ cup Alfredo pasta sauce and ½ teaspoon dried Italian seasoning, crushed, for the pizza sauce; Italian 4-cheese blend for the fontina cheese; and one 16-ounce package frozen sweet pepper and onion stir-fry vegetables, thawed and well drained, for the meatballs. Omit basil and Parmesan cheese.

NUTRITION FACTS PER SERVING: *590 cal., 29 g total fat (12 g sat. fat), 86 mg chol., 1,273 mg sodium, 58 g carb., 1 g dietary fiber, 30 g protein.*

Buffalo Chicken Pizza:

Prepare as directed, except substitute a mixture of ⅓ cup bottled ranch or blue cheese salad dressing and 1 to 2 teaspoons bottled hot pepper sauce for the pizza sauce; mozzarella cheese for the fontina cheese; one 6-ounce package refrigerated cooked Southwestern chicken breast strips, coarsely chopped, for the meatballs; and ¼ cup sliced green onions (2) for the basil. Omit Parmesan cheese. If desired, drizzle pizza with ⅓ cup warmed barbecue sauce before serving.

NUTRITION FACTS PER SERVING: *611 cal., 30 g total fat (9 g sat. fat), 73 mg chol., 1,552 mg sodium, 53 g carb., 0 g dietary fiber, 37 g protein.*

3

Soups and Stews

These bowls full of bliss show off bigger flavors, quicker prep, and fewer dishes.

Garden Vegetable Gazpacho

START TO FINISH 30 minutes MAKES 3 servings

- 3 cups chopped red and/or partially green tomatoes
- 2 11.5-ounce cans (about 3 cups) tomato juice
- ½ cup chopped cucumber
- ½ cup chopped tomatillos (2 medium; optional)
- ¼ cup finely chopped green onions (2)
- ¼ cup finely snipped fresh cilantro
- 1 large fresh jalapeño chile pepper, seeded and finely chopped*
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- 1 clove garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon bottled hot pepper sauce
- 1 avocado, seeded, peeled, and chopped (optional)
- Snipped fresh cilantro (optional)
- Bottled hot pepper sauce (optional)

1 In a large bowl combine tomatoes, tomato juice, cucumber, tomatillos (if desired), green onions, ¼ cup cilantro, jalapeño pepper, oil, lime juice, garlic, salt, and ¼ teaspoon hot pepper sauce.**

2 If desired, serve with avocado and additional cilantro. If desired, pass additional hot pepper sauce.

NUTRITION FACTS PER SERVING: *120 cal., 6 g total fat (0 g sat. fat), 0 mg chol., 796 mg sodium, 18 g carb., 4 g dietary fiber, 4 g protein.*

Shrimp Gazpacho:

Prepare as directed through Step 1. Using 8 ounces peeled and deveined cooked shrimp, set aside a few shrimp for garnish. Chop the remaining shrimp. Before serving, stir chopped shrimp into gazpacho. If desired, garnish each serving with some of the reserved shrimp.

NUTRITION FACTS PER SERVING: *196 cal., 6 g total fat (0 g sat. fat), 148 mg chol., 966 mg sodium, 18 g carb., 4 g dietary fiber, 20 g protein.*

*tip

Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

**tip

If time permits, cover and chill for up to 24 hours to allow flavors to blend.

Shrimp Cocktail Soup

START TO FINISH **30 minutes** MAKES **6 servings**

- **3 cups peeled, seeded, and chopped ripe tomatoes**
- **1¾ cups peeled, seeded, and chopped cucumber (1 medium)**
- **½ cup finely chopped green sweet pepper (1 small)**
- **⅓ cup finely chopped red onion (1 small)**
- **2 cloves garlic, minced**
- **2 cups tomato juice**
- **1 14-ounce can reduced-sodium chicken broth**
- **¼ cup red wine vinegar**
- **2 tablespoons snipped fresh basil or 2 teaspoons dried basil, crushed**
- **½ teaspoon salt**
- **¼ to ½ teaspoon bottled hot pepper sauce**
- **¼ teaspoon ground black pepper**
- **12 ounces chopped, peeled and deveined cooked shrimp**
- **Lime wedges (optional)**

1 In an extra-large bowl combine tomatoes, cucumber, sweet pepper, red onion, and garlic. Stir in tomato juice, broth, vinegar, basil, salt, hot pepper sauce, and black pepper.* Stir in shrimp.

2 If desired, serve with lime wedges.

NUTRITION FACTS PER SERVING:
109 cal., 1 g total fat (0 g sat. fat), 111 mg chol., 734 mg sodium, 11 g carb., 2 g dietary fiber, 16 g protein.

Asparagus-Basil Soup

START TO FINISH **30 minutes** MAKES **2 servings**

- **1 pound fresh asparagus spears**
- **1 14-ounce can vegetable broth**
- **1½ cups frozen diced hash brown potatoes**
- **½ cup snipped fresh basil**
- **1 cup water**
- **1 cup plain soy milk or milk**
- **Salt**
- **Ground black pepper**
- **Fresh basil leaves (optional)**

1 Snap off and discard woody bases from asparagus. Cut off tips; set aside. Chop asparagus spears. In a medium saucepan combine chopped asparagus, broth, and frozen potatoes. Bring to boiling; reduce heat. Simmer, covered, about 5 minutes or just until asparagus is tender. Remove from heat; cool slightly. Stir in snipped basil.

2 Pour potato mixture into a blender. Cover and blend until smooth. Return to saucepan. (Or use an immersion blender to blend potato mixture in the saucepan until smooth.)

3 Meanwhile, in a small saucepan combine the water and reserved asparagus tips. Bring to boiling; reduce heat. Simmer, uncovered, for 3 minutes; drain.

4 Stir milk into potato mixture; heat through. Stir in asparagus tips. Season to taste with salt and pepper. If desired, garnish each serving with basil leaves.

NUTRITION FACTS PER SERVING:
238 cal., 4 g total fat (0 g sat. fat), 0 mg chol., 1,030 mg sodium, 42 g carb., 8 g dietary fiber, 12 g protein.

Broccoli-Potato Soup with Greens

START TO FINISH **20 minutes** MAKES **4 servings**

- **2 cups chopped round red potatoes (2 medium)**
- **1 14-ounce can vegetable broth**
- **3 cups small broccoli florets**
- **2 cups milk**
- **2 cups shredded smoked Gouda cheese (8 ounces)**
- **3 tablespoons all-purpose flour**
- **Freshly ground black pepper**
- **2 cups torn winter greens, such as curly endive, chicory, romaine lettuce, escarole, and/or spinach**
- **Shredded smoked Gouda cheese (optional)**

1 In a large saucepan combine potatoes and broth. Bring to boiling; reduce heat. Simmer, covered, for 8 minutes. Slightly mash potatoes with a potato masher or fork. Add broccoli and milk; bring just to simmering.

2 Meanwhile, in a medium bowl combine 2 cups cheese and flour; toss gently to coat. Gradually add to potato mixture, stirring until cheese is melted. Season to taste with pepper. Top each serving with greens and, if desired, additional cheese.

NUTRITION FACTS PER SERVING:
334 cal., 17 g total fat (11 g sat. fat), 55 mg chol., 1,254 mg sodium, 30 g carb., 4 g dietary fiber, 19 g protein.

Ham and Vegetable Soup

START TO FINISH **30 minutes** MAKES **4 servings**

- **2 teaspoons canola oil**
- **1 cup cubed low-fat, reduced-sodium cooked ham (5 ounces)**
- **2 cups water**
- **1 14-ounce can reduced-sodium chicken broth**
- **12 ounces fresh peas or one 10-ounce package frozen baby peas**
- **1 cup sliced carrots (2 medium)**
- **1 cup sliced celery (2 stalks)**
- **⅓ cup diagonally sliced green onion**
- **1 tablespoon snipped fresh tarragon or ½ teaspoon dried tarragon, crushed**
- **Lemon wedges**
- **½ of a 6-ounce carton plain fat-free yogurt**

1 In a large saucepan heat oil over medium heat. Add ham; cook, without stirring, for 3 minutes. Stir ham; cook for 2 to 3 minutes more or until brown.

2 Add the water, broth, peas, carrots, celery, green onion, and tarragon. Bring to boiling; reduce heat. Simmer, covered, for 5 to 10 minutes or until peas and carrots are tender. Serve with lemon wedges and yogurt.

NUTRITION FACTS PER SERVING:
176 cal., 4 g total fat (1 g sat. fat), 19 mg chol., 586 mg sodium, 21 g carb., 6 g dietary fiber, 14 g protein.

Hearty Garlic and Snap Pea Soup

START TO FINISH **30 minutes** MAKES **4 servings**

- **2 tablespoons olive oil**
- **¼ cup chopped onion**
- **4 cloves garlic, minced**
- **2 14-ounce cans reduced-sodium chicken broth**
- **1 pound Yukon gold potatoes, sliced**
- **1¾ cups water**
- **1½ cups thinly sliced fennel**
- **1½ cups fresh sugar snap pea pods, trimmed**
- **½ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **Olive oil (optional)**
- **Plain low-fat yogurt (optional)**
- **Snipped fennel leaves (optional)**

1 In a large saucepan heat 2 tablespoons oil over medium heat. Add onion and garlic; cook for 3 to 5 minutes or until onion is tender, stirring occasionally. Add broth, potatoes, and the water. Bring to boiling; reduce heat. Simmer, covered, for 10 to 15 minutes or until potatoes are tender. Remove from heat.

2 Using an immersion blender, blend potato mixture in saucepan until smooth.* Stir in 1½ cups fennel, sugar snap peas, salt, and pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 3 minutes.

3 If desired, drizzle each serving with additional oil and top with yogurt and fennel leaves.

NUTRITION FACTS PER SERVING:
204 cal., 6 g total fat (0 g sat. fat), 0 mg chol., 806 mg sodium, 30 g carb., 6 g dietary fiber, 6 g protein.

***tip**

If you don't have an immersion blender, transfer the potato mixture, one-third at a time, to a blender or food processor. Cover and blend or process until smooth. Return to saucepan.

Tortellini Florentine Soup

START TO FINISH **30 minutes** MAKES **6 servings**

- **1 9-ounce package refrigerated 3-cheese tortellini**
- **2 14-ounce cans reduced-sodium chicken broth**
- **1 10-ounce container refrigerated light Alfredo pasta sauce**
- **2 cups shredded purchased roasted chicken**
- **½ cup oil-pack dried tomato strips, drained**
- **½ of a 5-ounce package (about 3 cups) fresh baby spinach**
- **Shaved or shredded Parmesan cheese (optional)**

1 In a 4-quart Dutch oven cook tortellini according to package directions; drain. Set aside.

2 In the same Dutch oven combine broth and pasta sauce. Stir in chicken and dried tomatoes. Bring just to boiling; reduce heat. Simmer, uncovered, for 5 minutes.

3 Stir in cooked tortellini and spinach. Cook for 1 to 2 minutes or just until tortellini is heated through and spinach is wilted. If desired, top each serving with cheese.

NUTRITION FACTS PER SERVING:
286 cal., 15 g total fat (6 g sat. fat), 77 mg chol., 1,094 mg sodium, 21 g carb., 1 g dietary fiber, 20 g protein.

Creamy Tortellini Tomato Soup

START TO FINISH **20 minutes** MAKES **4 servings**

- **2 14-ounce cans reduced-sodium chicken broth or vegetable broth**
- **1 9-ounce package refrigerated tortellini**
- **½ of an 8-ounce tub-style cream cheese spread with chive and onion**
- **1 10.75- or 11-ounce can condensed tomato or tomato bisque soup**
- **Snipped fresh chives (optional)**

1 In a medium saucepan bring broth to boiling. Stir in tortellini; reduce heat. Simmer, uncovered, for 5 minutes.

2 In a small bowl whisk ⅓ cup of the hot broth into cream cheese spread until smooth. Return cream cheese mixture to saucepan. Stir in tomato soup; heat through. If desired, sprinkle each serving with chives.

NUTRITION FACTS PER SERVING:
363 cal., 14 g total fat (8 g sat. fat), 57 mg chol., 1,264 mg sodium, 44 g carb., 1 g dietary fiber, 14 g protein.

Chicken Soup with Spinach and Orzo

START TO FINISH **25 minutes** MAKES **6 servings**

- **4 14-ounce cans reduced-sodium chicken broth**
- **1 cup dried orzo pasta (rosamarina)**
- **12 ounces fresh asparagus spears, trimmed and cut diagonally into 1½-inch pieces**
- **3 cups chopped fresh spinach, Swiss chard, or kale or one 10-ounce package frozen chopped spinach, thawed and well drained**
- **1½ cups chopped tomatoes (3 medium)**
- **1½ cups shredded cooked chicken**
- **⅓ cup cubed cooked ham**
- **Salt**
- **Ground black pepper**
- **Snipped fresh chives and/or parsley (optional)**

1 In a covered 5- to 6-quart Dutch oven bring broth to boiling. Stir in pasta. Return to boiling; reduce heat. Simmer, uncovered, for 6 minutes. Stir in asparagus. Simmer, uncovered, about 2 minutes more or until pasta is tender and asparagus is crisp-tender.

2 Stir in spinach, tomatoes, chicken, and ham; heat through. Season to taste with salt and pepper. If desired, sprinkle each serving with chives and/or parsley.

NUTRITION FACTS PER SERVING:
221 cal., 4 g total fat (1 g sat. fat), 35 mg chol., 837 mg sodium, 28 g carb., 3 g dietary fiber, 20 g protein.

Chunky Vegetable and Turkey Soup

START TO FINISH 30 minutes **MAKES** 6 servings

- **2 14-ounce cans reduced-sodium chicken broth**
- **1½ cups water**
- **½ cup thinly sliced carrot (1 medium)**
- **½ cup thinly sliced celery (1 stalk)**
- **⅓ cup thinly sliced onion (1 small)**
- **1 teaspoon snipped fresh rosemary or ¼ teaspoon dried rosemary, crushed**
- **¼ teaspoon ground black pepper**
- **1 cup instant brown rice**
- **1 cup frozen cut green beans**
- **2 cups chopped cooked turkey or chicken breast (10 ounces)**
- **1 14.5-ounce can no-added-salt diced tomatoes, undrained**
- **Fresh rosemary sprigs (optional)**

1 In a large saucepan or Dutch oven combine broth, the water, carrot, celery, onion, rosemary, and pepper. Bring to boiling. Stir in uncooked rice and frozen beans. Return to boiling; reduce heat. Simmer, covered, for 10 to 12 minutes or until vegetables are tender.

2 Stir in turkey and tomatoes; heat through. If desired, garnish each serving with rosemary sprigs.

NUTRITION FACTS PER SERVING:
143 cal., 1 g total fat (0 g sat. fat), 39 mg chol., 384 mg sodium, 16 g carb., 3 g dietary fiber, 18 g protein.

Easy Chicken Noodle Soup

START TO FINISH **30 minutes** MAKES **6 servings**

- **3** 14-ounce cans reduced-sodium chicken broth
- **1** cup chopped onion (1 large)
- **1** cup sliced carrots (2 medium)
- **1** cup sliced celery (2 stalks)
- **1** cup water
- **2** teaspoons dried Italian seasoning, crushed
- **½** teaspoon ground black pepper
- **1** bay leaf
- **1** 16-ounce package frozen egg noodles
- **2** cups chopped cooked chicken or turkey (10 ounces)*
- **2** tablespoons snipped fresh parsley (optional)

1 In a large saucepan combine broth, onion, carrots, celery, the water, Italian seasoning, pepper, and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes.

2 Stir in frozen noodles. Return to boiling; reduce heat. Simmer, covered, for 10 to 12 minutes more or until noodles are tender but still firm and vegetables are just tender. Stir in chicken; heat through.

3 Remove and discard bay leaf. If desired, sprinkle each serving with parsley.

NUTRITION FACTS PER SERVING:
339 cal., 6 g total fat (2 g sat. fat), 130 mg chol., 554 mg sodium, 46 g carb., 3 g dietary fiber, 23 g protein.

Creamy Asparagus and Bacon Soup

START TO FINISH **30 minutes** MAKES **4 servings**

- **1¼ pounds fresh asparagus spears, trimmed**
- **1 12-ounce can evaporated milk**
- **1¼ cups water**
- **1¼ pounds potatoes, peeled and cut into ½-inch pieces**
- **½ teaspoon salt**
- **½ teaspoon ground black pepper**
- **6 slices bacon**
- **1 tablespoon honey**
- **Desired toppings, such as finely shredded lemon peel, snipped fresh Italian (flat-leaf) parsley, coarse salt, and/or freshly ground black pepper**

1 Reserve about one-third of the asparagus; set aside. In a large saucepan combine the remaining asparagus, evaporated milk, the water, potatoes, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, about 10 minutes or until potatoes are tender. Cool slightly.

2 Transfer potato mixture, half at a time, to a blender or food processor. Cover and blend or process until smooth.

3 Meanwhile, in a large skillet cook bacon over medium heat until crisp. Remove bacon; drain on paper towels, reserving 1 tablespoon drippings in skillet. Crumble bacon; set aside. Add the reserved asparagus to the reserved drippings. Cook for 5 to 6 minutes or until asparagus is crisp-tender, stirring occasionally.

4 Before serving, place crumbled bacon in a microwave-safe pie plate. Drizzle with honey; cover with vented plastic wrap. Microwave on 100 percent power (high) for 30 seconds.

5 Top each serving with the reserved asparagus, honey-drizzled bacon, and your choice of toppings.

NUTRITION FACTS PER SERVING:
356 cal., 15 g total fat (7 g sat. fat), 41 mg chol., 673 mg sodium, 43 g carb., 4 g dietary fiber, 15 g protein.

Tortellini Meatball Soup

START TO FINISH **30 minutes** MAKES **4 to 6 servings**

- **1 tablespoon olive oil or vegetable oil**
- **1 cup chopped sweet onion (1 large)**
- **1 cup coarsely chopped carrots (2 medium)**
- **3 cloves garlic, minced**
- **1 32-ounce carton reduced-sodium or regular chicken or beef broth**
- **½ cup water**
- **1 9-ounce package refrigerated 4-cheese tortellini**
- **½ of a 16-ounce package (16) frozen cooked Italian-style meatballs**
- **1 teaspoon dried Italian seasoning, crushed**
- **3 cups chopped fresh spinach or half of a 10-ounce package frozen chopped spinach, thawed and drained**
- **3 tablespoons chopped roasted red sweet pepper**
- **1 tablespoon lemon juice (optional)**
- **Salt**
- **Ground black pepper**
- **1 tablespoon snipped fresh basil**

1 In a Dutch oven heat oil over medium heat. Add onion, carrots, and garlic; cook for 3 minutes, stirring occasionally. Add broth and the water. Bring to boiling. Stir in tortellini, meatballs, and Italian seasoning. Return to boiling; reduce heat. Simmer, uncovered, for 4 minutes.

2 Stir in spinach, roasted pepper, and, if desired, lemon juice. Simmer, uncovered, about 3 minutes more or until tortellini are tender. Season to taste with salt and black pepper. Before serving, stir in basil.

NUTRITION FACTS PER SERVING:
461 cal., 23 g total fat (9 g sat. fat), 68 mg chol., 1,443 mg sodium, 44 g carb., 5 g dietary fiber, 22 g protein.

Make-Ahead Directions: Prepare soup as directed. Cover and chill for up to 4 hours; reheat in Dutch oven. For longer storage, prepare as directed, except do not add tortellini and basil and use the frozen spinach option. Cover and chill for up to 3 days. To reheat, bring soup just to boiling; stir in tortellini and simmer for 7 minutes. Before serving, stir in basil.

Chicken-Pasta Soup with Pesto

START TO FINISH **25 minutes** MAKES **4 to 6 servings**

- **2 14-ounce cans reduced-sodium chicken broth**
- **1 pound skinless, boneless chicken breast halves or thighs, cubed**
- **1 14.5-ounce can diced tomatoes with basil, garlic, and oregano, undrained**
- **½ cup dried orzo pasta (rosamarina)**
- **1 cup chopped zucchini (1 small)**
- **1 teaspoon finely shredded lemon peel**
- **1 tablespoon lemon juice**
- **Ground black pepper**
- **4 to 6 tablespoons basil pesto**

1 In a large saucepan combine broth, chicken, tomatoes, and pasta. Bring to boiling; reduce heat. Simmer, uncovered, for 6 minutes.

2 Stir in zucchini, lemon peel, and lemon juice. Return to boiling; reduce heat. Simmer, uncovered, for 3 to 4 minutes more or until chicken is no longer pink and pasta and zucchini are tender. Season to taste with pepper. Top each serving with pesto.

NUTRITION FACTS PER SERVING:
371 cal., 12 g total fat (0 g sat. fat), 68 mg chol., 1,180 mg sodium, 30 g carb., 1 g dietary fiber, 35 g protein.

Minestrone

START TO FINISH **30 minutes** MAKES **6 servings**

- **1 tablespoon olive oil**
- **½ cup chopped onion (1 medium)**
- **2 cloves garlic, minced**
- **2 14-ounce cans beef broth**
- **2 cups water**
- **1¼ cups coarsely chopped zucchini (1 medium)**
- **1¼ cups coarsely chopped yellow sweet pepper (1 large)**
- **1 15-ounce can cannellini beans (white kidney beans), rinsed and drained**
- **8 ounces fresh green beans, trimmed and cut into 1½-inch pieces (1½ cups)**
- **1 cup dried mostaccioli pasta**
- **¼ cup coarsely snipped fresh basil or 2 teaspoons dried basil, crushed**
- **2 cups fresh baby spinach**
- **1½ cups coarsely chopped tomatoes or halved cherry tomatoes**
- **Salt**
- **Ground black pepper**
- **Shaved Parmesan cheese (optional)**

1 In a 5- to 6-quart Dutch oven heat oil over medium heat. Add onion and garlic; cook until tender, stirring occasionally. Add broth, the water, zucchini, and sweet pepper. Bring to boiling.

2 Stir in cannellini beans, green beans, pasta, and, if using, dried basil. Return to boiling; reduce heat. Simmer, covered, for 10 to 12 minutes or until pasta is tender, stirring occasionally. Stir in spinach, tomatoes, and, if using, fresh basil. Remove from heat.

3 Season to taste with salt and black pepper. If desired, top each serving with cheese.

NUTRITION FACTS PER SERVING:
186 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 621 mg sodium, 34 g carb., 7 g dietary fiber, 10 g protein.

Spring Greens Soup

START TO FINISH **30 minutes** MAKES **3 servings**

- **1 tablespoon vegetable oil**
- **1 medium onion, halved and sliced**
- **3 cups reduced-sodium chicken broth or vegetable broth**
- **¼ to ½ teaspoon freshly ground black pepper**
- **12 ounces Yukon gold potatoes, quartered**
- **2 tablespoons butter**
- **3 cups sliced fresh mushrooms (8 ounces, optional)**
- **3 cups fresh spinach leaves**
- **3 cups arugula leaves**
- **2 cups fresh Italian (flat-leaf) parsley leaves and tender stems**
- **Salt**
- **Arugula**

1 In a large saucepan heat oil over medium heat. Add onion; cook about 5 minutes or until tender, stirring occasionally. Add broth and pepper. Bring to boiling. Add potatoes. Return to boiling; reduce heat. Simmer, covered, for 10 minutes; remove from heat.

2 Meanwhile, in a large skillet heat butter over medium heat until melted. Add mushrooms; cook for 6 to 8 minutes or until tender and liquid has evaporated. Set aside.

3 Using an immersion blender, blend potato mixture in saucepan until nearly smooth. Stir in spinach, 3 cups arugula, and parsley. Bring to boiling; remove from heat. Using immersion blender, blend mixture again until nearly smooth and flecks of green remain. Season to taste with salt.

4 Top each serving with cooked mushrooms and additional arugula.

NUTRITION FACTS PER SERVING:
184 cal., 6 g total fat (0 g sat. fat), 0 mg chol., 824 mg sodium, 28 g carb., 6 g dietary fiber, 8 g protein.

Soba Noodle Bowl

START TO FINISH **25 minutes** MAKES **4 servings**

- **2 14-ounce cans reduced-sodium chicken broth**
- **1 cup water**
- **12 ounces skinless, boneless chicken breast halves, cut into very thin slices**
- **6 ounces soba (buckwheat noodles)**
- **1 cup thinly sliced carrots (2 medium)**
- **2 tablespoons reduced-sodium soy sauce**
- **1 fresh red or green jalapeño chile pepper, seeded and thinly sliced***
- **8 ounces fresh sugar snap pea pods, halved if desired**
- **Crushed red pepper (optional)**
- **Snipped fresh parsley (optional)**

1 In a large saucepan combine broth and the water. Bring to boiling. Stir in chicken, soba, carrots, soy sauce, and jalapeño pepper. Return to boiling; reduce heat to medium. Cook, covered, about 7 minutes or until chicken is no longer pink and soba is tender.

2 Stir in sugar snap peas; cook, covered, about 3 minutes or just until snap peas are tender.

3 If desired, sprinkle each serving with crushed red pepper and parsley.

NUTRITION FACTS PER SERVING:
295 cal., 1 g total fat (0 g sat. fat), 49 mg chol., 1,172 mg sodium, 41 g carb., 4 g dietary fiber, 30 g protein.

Country Chicken and Potato Soup

START TO FINISH **25 minutes** MAKES **4 servings**

- **2 14-ounce cans reduced-sodium chicken broth**
- **1 20-ounce package refrigerated red-skinned potato wedges**
- **½ cup chopped leek, white part only**
- **2 to 3 cloves garlic, minced**
- **2 cups chopped cooked chicken (10 ounces)**
- **1 tablespoon snipped fresh chives**
- **⅛ teaspoon freshly ground black pepper**
- **1 cup half-and-half, light cream, or milk**
- **Whole fresh chives**
- **Garlic-flavor olive oil* (optional)**

1 In a large saucepan combine 1 can of the broth, the potatoes, leek, and garlic. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes; remove from heat.

2 Using a potato masher slightly mash potatoes, leaving some unmashed potato pieces. Add chicken, snipped chives, and pepper. Stir in the remaining 1 can broth and half-and-half; heat through.

3 Top each serving with whole chives and, if desired, a few drops of garlic-flavor oil.

NUTRITION FACTS PER SERVING:
319 cal., 12 g total fat (6 g sat. fat), 85 mg chol., 707 mg sodium, 23 g carb., 4 g dietary fiber, 28 g protein.

Crab and Poblano Soup

START TO FINISH **30 minutes** MAKES **4 servings**

- ¼ **cup butter**
- 2 **fresh poblano chile peppers, seeded and chopped***
- ¾ **cup chopped red sweet pepper (1 medium)**
- ½ **cup chopped onion (1 medium)**
- 2 **cloves garlic, minced**
- ¼ **cup all-purpose flour**
- ¼ **teaspoon salt**
- ¼ **teaspoon ground black pepper**
- 1 **14-ounce can chicken broth**
- 2 **cups milk**
- 1½ **cups shredded asadero cheese or Monterey Jack cheese (6 ounces)**
- 1 **6-ounce can crabmeat, drained, cut into bite-size pieces, and cartilage removed, or 1 cup cooked crabmeat, cut into bite-size pieces and cartilage removed**
- 1 **recipe Fresh Tomato Salsa**
- 1 **recipe Crisp Tortilla Strips (optional)**

1 In a large saucepan heat butter over medium heat until melted. Add chile peppers, sweet pepper, onion, and garlic; cook 4 to 5 minutes or until tender, stirring occasionally. Stir in flour, salt, and black pepper. Add broth all at once. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more.

2 Reduce heat to medium-low. Stir in milk and cheese. Cook and stir for 3 to 5 minutes or until cheese is melted. Stir in crabmeat; heat through.

3 Top each serving with Fresh Tomato Salsa. If desired, serve with Crisp Tortilla Strips.

NUTRITION FACTS PER SERVING:
406 cal., 24 g total fat (16 g sat. fat), 120 mg chol., 1,328 mg sodium, 22 g carb., 2 g dietary fiber, 28 g protein.

Fresh Tomato Salsa

In a small bowl combine 1 cup seeded and chopped roma tomatoes (3 medium), 1 tablespoon thinly sliced green onion (1), 1 tablespoon snipped fresh cilantro, 2 teaspoons lime juice, and 1 teaspoon finely chopped fresh jalapeño chile pepper.* Season to taste with salt and ground black pepper.

Crisp Tortilla Strips

Preheat oven to 350°F. Roll up each of 3 flour tortillas; slice crosswise into long thin strips. Lightly coat tortilla strips with nonstick cooking spray and spread on a baking sheet. Bake about 5 minutes or until golden brown. Cool.

*tip

rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

O'Brien Potato Soup

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 28-ounce package frozen diced hash brown potatoes with onions and peppers**
- **3 cups fat-free half-and-half**
- **1 cup chopped miniature sweet peppers**
- **1 cup water**
- **½ teaspoon salt**
- **½ teaspoon curry powder**
- **⅛ to ¼ teaspoon cayenne pepper or ground black pepper**
- **1½ cups shredded cheddar cheese (6 ounces)**
- **Sliced miniature sweet peppers (optional)**
- **Snipped fresh Italian (flat-leaf) parsley (optional)**

1 In a 4-quart Dutch oven combine potatoes, half-and-half, 1 cup sweet peppers, ½ cup of the water, the salt, curry powder, and cayenne pepper. Bring just to boiling; reduce heat to medium. Cook, covered, for 10 minutes, stirring occasionally. Cool slightly.

2 Transfer 3 cups of the potato mixture to a blender; add the remaining ½ cup water. Cover and blend until nearly smooth. Return mixture to Dutch oven; cook and stir until mixture is heated through and potatoes are tender. Stir in cheese; cook and stir over low heat until cheese is melted.

3 If desired, top each serving with sliced sweet peppers and parsley.

NUTRITION FACTS PER SERVING:
438 cal., 17 g total fat (11 g sat. fat), 54 mg chol., 883 mg sodium, 53 g carb., 5 g dietary fiber, 19 g protein.

Sausage, Beans, and Greens Soup

START TO FINISH **30 minutes** MAKES **4 servings**

- **12 ounces uncooked hot or sweet Italian sausage links, cut diagonally into ½-inch slices**
- **½ cup chopped onion (1 medium)**
- **2 15-ounce cans cannellini beans (white kidney beans), rinsed and drained**
- **2 cups coarsely chopped escarole or fresh spinach**
- **1½ cups reduced-sodium chicken broth**
- **¼ cup dry white wine or reduced-sodium chicken broth**
- **2 tablespoons snipped fresh thyme or 1 teaspoon dried thyme, crushed**
- **¼ cup finely shredded Parmesan cheese (1 ounce)**

1 In a large saucepan cook sausage and onion over medium heat about 10 minutes or until sausage is no longer pink, stirring occasionally. Drain off fat.

2 Add beans, escarole, broth, wine, and thyme. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Sprinkle each serving with cheese.

NUTRITION FACTS PER SERVING:
470 cal., 26 g total fat (12 g sat. fat), 61 mg chol., 1,393 mg sodium, 35 g carb., 11 g dietary fiber, 34 g protein.

Turkey and Rice Soup

START TO FINISH **20 minutes** MAKES **6 servings**

- **4 cups chicken broth**
- **¼ teaspoon dried Italian seasoning, crushed**
- **¼ teaspoon ground black pepper**
- **1 10-ounce package frozen mixed vegetables**
- **1 cup instant white or brown rice**
- **2 cups chopped cooked turkey or chicken (10 ounces)**
- **1 14.5-ounce can diced tomatoes, drained**
- **2 tablespoons basil pesto**

1 In a large saucepan combine broth, Italian seasoning, and pepper. Bring to boiling. Stir in frozen vegetables and uncooked rice.

2 Return to boiling; reduce heat. Simmer, covered, for 8 to 10 minutes or until vegetables are tender. Stir in turkey, tomatoes, and pesto; heat through.

NUTRITION FACTS PER SERVING: *233 cal., 6 g total fat (1 g sat. fat), 38 mg chol., 847 mg sodium, 25 g carb., 2 g dietary fiber, 18 g protein.*

Prepare as directed. In a small bowl combine one 8-ounce carton sour cream and 2 tablespoons all-purpose flour. Stir sour cream mixture into hot soup; cook and stir until thickened and bubbly. Cook and stir for 1 minute more.

NUTRITION FACTS PER SERVING: *304 cal., 13 g total fat (6 g sat. fat), 58 mg chol., 884 mg sodium, 27 g carb., 2 g dietary fiber, 19 g protein.*

Beefy Vegetable Soup

START TO FINISH **30 minutes** MAKES **6 servings**

- **1½ pounds ground beef sirloin**
- **1 cup chopped onion (1 large)**
- **1 cup sliced celery (2 stalks)**
- **2 14-ounce cans lower-sodium beef broth**
- **1 28-ounce can diced tomatoes, undrained**
- **1 10-ounce package frozen mixed vegetables**
- **2 tablespoons steak sauce**
- **2 teaspoons Worcestershire sauce**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **¼ cup all-purpose flour**

1 In a 4-quart Dutch oven cook ground beef, onion, and celery over medium-high heat until meat is brown, using a wooden spoon to break up meat as it cooks. Drain off fat.

2 Stir in 1 can of the broth, the tomatoes, frozen vegetables, steak sauce, Worcestershire sauce, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until vegetables are tender.

3 In a medium bowl whisk together the remaining 1 can broth and flour; stir into meat mixture. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more.

NUTRITION FACTS PER SERVING:
306 cal., 12 g total fat (5 g sat. fat), 74 mg chol., 747 mg sodium, 21 g carb., 4 g dietary fiber, 27 g protein.

Cuban Black Bean Soup

START TO FINISH **25 minutes** MAKES **4 servings**

- **1 16-ounce jar mild or medium thick and chunky salsa or salsa with lime and garlic**
- **1 15-ounce can black beans, rinsed and drained**
- **1 14-ounce can chicken broth**
- **1¾ cups water**
- **1½ cups cubed cooked ham (about 8 ounces)**
- **1 teaspoon ground cumin**
- **½ cup sour cream**
- **¼ cup salsa verde (optional)**
- **Crushed lime-flavor tortilla chips (optional)**

1 In a large saucepan or Dutch oven combine salsa, beans, broth, the water, ham, and cumin. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

2 Top each serving with sour cream and, if desired, salsa verde and tortilla chips.

NUTRITION FACTS PER SERVING: *175 cal., 6 g total fat (3 g sat. fat), 12 mg chol., 1,359 mg sodium, 26 g carb., 8 g dietary fiber, 10 g protein.*

[illegible]

Prepare as directed, except substitute 2 cups frozen sweet pepper and onion stir-fry vegetables for the ham.

NUTRITION FACTS PER SERVING: *167 cal., 5 g total fat (3 g sat. fat), 14 mg chol., 1,365 mg sodium, 26 g carb., 7 g dietary fiber, 10 g protein.*

Mexican-Style Chicken Soup

START TO FINISH **30 minutes** MAKES **6 servings**

- **1 32-ounce carton reduced-sodium chicken broth**
- **1 15.5-ounce can golden hominy, rinsed and drained**
- **1 15-ounce can black beans, rinsed and drained**
- **1 cup bottled nopalitos (cactus leaves), drained, or bite-size green sweet pepper strips**
- **1 cup salsa**
- **1 4-ounce can diced green chile peppers, undrained**
- **1 tablespoon chili powder**
- **1 teaspoon ground cumin**
- **2½ cups chopped cooked chicken (about 12 ounces)**
- **Snipped fresh herbs (optional)**

1 In a 4-quart Dutch oven combine broth, hominy, beans, nopalitos, salsa, chile peppers, chili powder, and cumin. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes.

2 Stir in chicken; heat through. If desired, sprinkle each serving with fresh herbs.

NUTRITION FACTS PER SERVING:
240 cal., 6 g total fat (1 g sat. fat), 52 mg chol., 1,060 mg sodium, 25 g carb., 7 g dietary fiber, 25 g protein.

Macaroni and Cheese Chowder

START TO FINISH **25 minutes** MAKES **4 servings**

- **2 cups water**
- **1 14-ounce can reduced-sodium chicken broth**
- **1 7.25-ounce package macaroni-and-cheese dinner mix**
- **1 14.75-ounce can cream-style corn**
- **1 cup diced cooked ham (5 ounces)**
- **1 cup milk**
- **½ cup frozen peas (optional)**

1 In a large saucepan combine the water and broth. Bring to boiling. Gradually add macaroni from dinner mix; reduce heat. Simmer, covered, for 7 to 8 minutes or until macaroni is tender. Do not drain.

2 Stir contents of the cheese packet, corn, ham, milk, and, if desired, peas into broth mixture. Cook and stir over medium heat until heated through.

NUTRITION FACTS PER SERVING:
349 cal., 5 g total fat (2 g sat. fat), 28 mg chol., 1,571 mg sodium, 59 g carb., 3 g dietary fiber, 21 g protein.

Smoked Turkey and Corn Chowder

START TO FINISH **20 minutes** MAKES **4 servings**

- **1 8-ounce tub-style cream cheese spread with chive and onion**
- **2 cups milk**
- **1 14.75-ounce can cream-style corn**
- **1½ cups chopped smoked turkey breast (about 8 ounces)**
- **1 cup frozen peas**
- **Ground black pepper**

1 In a medium saucepan heat cream cheese over medium heat until softened. Gradually stir in milk and corn until combined. Stir in turkey and peas; heat through. Season to taste with pepper.

NUTRITION FACTS PER SERVING:
397 cal., 23 g total fat (15 g sat. fat), 88 mg chol., 1,159 mg sodium, 27 g carb., 3 g dietary fiber, 19 g protein.

Pumpkin, Barley, and Sage Soup

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 tablespoon vegetable oil**
- **8 ounces cooked smoked andouille or other sausage links, chopped**
- **⅓ cup chopped onion (1 small)**
- **1 tablespoon snipped fresh sage or 1 teaspoon dried sage, crushed**
- **4 cups water**
- **1 cup quick-cooking barley**
- **1 teaspoon instant chicken bouillon granules**
- **1 15-ounce can pumpkin**
- **2 tablespoons maple syrup**
- **1 tablespoon cider vinegar**
- **Salt**
- **Ground black pepper**
- **Thinly sliced apple (optional)**
- **Small fresh sage leaves (optional)**

1 In a 4-quart Dutch oven heat oil over medium heat. Add sausage, onion, and snipped sage; cook for 3 minutes, stirring frequently. Add the water, barley, and bouillon granules. Bring to boiling; reduce heat. Simmer, covered, for 12 minutes, stirring occasionally.

2 Stir in pumpkin, maple syrup, and vinegar; heat through. Season to taste with salt and pepper. If desired, garnish each serving with apple slices and sage leaves.

NUTRITION FACTS PER SERVING:
439 cal., 21 g total fat (6 g sat. fat), 35 mg chol., 832 mg sodium, 51 g carb., 11 g dietary fiber, 14 g protein.

Fast Paella

START TO FINISH **30 minutes** MAKES **6 servings**

- **1 14.5-ounce can Mexican-style or Cajun-style stewed tomatoes, undrained and cut up**
- **1 14-ounce can reduced-sodium chicken broth**
- **1 cup chopped onion (1 large)**
- **2 teaspoons dried oregano, crushed**
- **1 teaspoon garlic salt**
- **1 teaspoon ground turmeric**
- **1 teaspoon paprika**
- **¼ teaspoon crushed red pepper or ⅛ teaspoon bottled hot pepper sauce**
- **¼ teaspoon ground black pepper**
- **1 14- to 16-ounce package cooked smoked turkey or chicken sausage, halved lengthwise and cut into 1-inch pieces**
- **12 ounces frozen peeled and deveined cooked shrimp**
- **1 10-ounce package frozen peas**
- **1 8.8-ounce pouch cooked long grain rice**
- **Lemon slices or wedges**
- **Snipped fresh cilantro or Italian (flat-leaf) parsley**

1 In a 12-inch skillet combine tomatoes, broth, onion, oregano, garlic salt, turmeric, paprika, crushed red pepper, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

2 Stir in sausage, shrimp, peas, and cooked rice; heat through. Serve in shallow soup bowls. Garnish with lemon slices and sprinkle with cilantro.

NUTRITION FACTS PER SERVING:
303 cal., 9 g total fat (2 g sat. fat), 154 mg chol., 1,269 mg sodium, 29 g carb., 5 g dietary fiber, 27 g protein.

Hearty Italian Stew

START TO FINISH **20 minutes** MAKES **6 servings**

- **1 tablespoon olive oil**
- **2 cloves garlic, minced**
- **2 14.5-ounce cans diced tomatoes with basil, garlic, and oregano, undrained**
- **1 14-ounce can beef broth**
- **1¾ cups water**
- **1 16-ounce package (32) frozen cooked Italian-style meatballs**
- **½ of a 16-ounce package frozen sweet pepper and onion stir-fry vegetables**
- **½ of a 10-ounce package (about 3 cups) shredded cabbage**
- **1 9-ounce package refrigerated 3-cheese tortellini**
- **Grated Parmesan cheese**

1 In a 4- to 5-quart Dutch oven heat oil over medium heat. Add garlic; cook and stir for 30 seconds. Add tomatoes, broth, and the water. Stir in meatballs and frozen vegetables.

2 Bring to boiling over medium-high heat. Stir in cabbage and tortellini; cook, covered, about 5 minutes or until meatballs are heated through and vegetables are tender. Sprinkle each serving with cheese.

NUTRITION FACTS PER SERVING:
459 cal., 23 g total fat (10 g sat. fat), 71 mg chol., 1,705 mg sodium, 40 g carb., 4 g dietary fiber, 23 g protein.

Spring Chicken Stew

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 lemon**
- **1¼ pounds skinless, boneless chicken thighs**
- **Salt**
- **Ground black pepper**
- **1 tablespoon olive oil**
- **1 12-ounce jar chicken gravy**
- **1½ cups water**
- **8 ounces baby carrots with tops, trimmed and halved lengthwise**
- **1 tablespoon Dijon-style mustard**
- **2 heads baby bok choy, quartered**
- **Fresh lemon thyme sprigs (optional)**

1 Finely shred peel from lemon; set peel aside. Cut lemon in half; squeeze juice; set juice aside. Lightly sprinkle chicken with salt and pepper.

2 In a Dutch oven heat oil over medium-high heat. Add chicken; cook for 2 to 3 minutes or until chicken is brown, turning occasionally to brown evenly.

3 Stir in gravy, the water, carrots, and mustard. Bring to boiling. Place bok choy on top of chicken and carrots; reduce heat. Simmer, covered, about 10 minutes or until chicken is no longer pink (180°F) and vegetables are just tender.

4 Stir in lemon juice to taste. Top each serving with lemon peel and, if desired, lemon thyme sprigs.

NUTRITION FACTS PER SERVING:
273 cal., 12 g total fat (2 g sat. fat), 117 mg chol., 909 mg sodium, 13 g carb., 3 g dietary fiber, 31 g protein.

Caribbean-Style Pork Stew

START TO FINISH **30 minutes** MAKES **6 servings**

- **1 15-ounce can black beans, rinsed and drained**
- **1 14-ounce can beef broth**
- **1¾ cups water**
- **12 ounces cooked lean boneless pork, cut into thin bite-size strips**
- **3 plantains, peeled and cubed**
- **½ of a 16-ounce package (2 cups) frozen sweet pepper and onion stir-fry vegetables**
- **1 cup chopped tomatoes (2 medium)**
- **1 tablespoon grated fresh ginger**
- **1 teaspoon ground cumin**
- **¼ teaspoon salt**
- **¼ teaspoon crushed red pepper**
- **3 cups hot cooked rice**
- **Crushed red pepper (optional)**
- **Fresh pineapple slices (optional)**

1 In a 4-quart Dutch oven combine beans, broth, and the water. Bring to boiling. Stir in meat, plantains, frozen vegetables, tomatoes, ginger, cumin, salt, and ¼ teaspoon crushed red pepper. Return to boiling; reduce heat. Simmer, covered, for 10 minutes or until plantains are tender.

2 To serve, divide rice among soup bowls. Top with meat mixture. If desired, sprinkle with additional crushed red pepper and garnish with pineapple.

NUTRITION FACTS PER SERVING:
367 cal., 5 g total fat (1 g sat. fat), 32 mg chol., 555 mg sodium, 64 g carb., 7 g dietary fiber, 22 g protein.

Italian Meatball Stew

START TO FINISH **25 minutes** MAKES **6 servings**

- **2 14.5-ounce cans Italian-style stewed tomatoes, undrained and cut up**
- **1 16-ounce package (32) frozen cooked Italian-style meatballs**
- **1 15-ounce can cannellini beans (white kidney beans), rinsed and drained**
- **¾ cup water**
- **¼ cup basil pesto**

1 In a large saucepan combine tomatoes, meatballs, beans, the water, and pesto. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until heated through.

NUTRITION FACTS PER SERVING: *391 cal., 25 g total fat (8 g sat. fat), 50 mg chol., 1,031 mg sodium, 25 g carb., 7 g dietary fiber, 19 g protein.*

Italian Sausage Stew:

Prepare as directed, except omit meatballs. In a large saucepan cook 1 pound bulk Italian sausage over medium-high heat until brown, using a wooden spoon to break up meat as it cooks. Drain off fat. Stir in the remaining ingredients; heat through.

NUTRITION FACTS PER SERVING: *same as main recipe*

Easy Texas-Style Chili

START TO FINISH **20 minutes** MAKES **6 servings**

- **12 ounces lean ground beef**
- **1 15-ounce can pinto beans, undrained**
- **1 cup salsa**
- **½ cup beef broth**
- **1 teaspoon chili powder**
- **½ teaspoon ground cumin**
- **Sour cream (optional)**

1 In a large skillet cook ground beef over medium-high heat until brown, using a wooden spoon to break up meat as it cooks. Drain off fat.

2 Stir in beans, salsa, broth, chili powder, and cumin. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. If desired, top each serving with sour cream.

NUTRITION FACTS PER SERVING: *178 cal., 8 g total fat (3 g sat. fat), 36 mg chol., 442 mg sodium, 12 g carb., 4 g dietary fiber, 15 g protein.*

Chipotle Chili with Beans

START TO FINISH **25 minutes** MAKES **4 servings**

- **Nonstick cooking spray**
- 8 **ounces ground beef sirloin, uncooked ground chicken breast, or uncooked ground turkey breast**
- 1 **cup chopped onion (1 large)**
- 1½ **teaspoons ground cumin**
- 2 **14.5-ounce cans stewed tomatoes, undrained and cut up**
- 1 **15-ounce can red beans, rinsed and drained**
- 1½ **cups coarsely chopped red and/or yellow sweet peppers (2 medium)**
- ½ **cup water**
- 2 **to 3 teaspoons chopped canned chipotle peppers in adobo sauce**
- 1 **tablespoon snipped fresh oregano**
- ¼ **cup shredded reduced-fat cheddar cheese (1 ounce)**
- **Lime wedges (optional)**
- **Baked tortilla chips (optional)**

1 Lightly coat a large saucepan with cooking spray; heat saucepan over medium-high heat. Add ground beef and onion; cook until meat is brown, using a wooden spoon to break up meat as it cooks. If necessary, drain off fat.

2 Stir in cumin; cook and stir for 1 minute. Stir in tomatoes, beans, sweet peppers, the water, and chile peppers. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Stir in oregano.

3 Sprinkle each serving with cheese. If desired, serve with lime wedges and tortilla chips.

NUTRITION FACTS PER SERVING:
398 cal., 14 g total fat (6 g sat. fat), 57 mg chol., 1,030 mg sodium, 40 g carb., 10 g dietary fiber, 27 g protein.

tip

Chipotle chile peppers are dried, smoked jalapeño peppers. Canned in adobo sauce, they're often used to add a spicy heat to chilies, soups, and casseroles. Find them in the ethnic food aisle of your grocery or in Hispanic food markets.

Southwestern White Chili

START TO FINISH **30 minutes** MAKES **8 servings**

- **1 tablespoon olive oil**
- **1 cup chopped onion (1 large)**
- **4 cloves garlic, minced**
- **2 teaspoons ground cumin**
- **1 teaspoon dried oregano, crushed**
- **¼ teaspoon cayenne pepper**
- **3 15-ounce cans Great Northern beans, rinsed and drained**
- **4 cups chicken broth or reduced-sodium chicken broth**
- **2 4-ounce cans diced green chile peppers or jalapeño chile peppers, undrained**
- **3 cups chopped cooked chicken (about 1 pound)**
- **2 cups shredded Monterey Jack cheese (8 ounces)**
- **Sour cream (optional)**
- **Canned diced green chile peppers or jalapeño chile peppers (optional)**

1 In a large Dutch oven heat oil over medium heat. Add onion and garlic; cook until onion is tender, stirring occasionally. Stir in cumin, oregano, and cayenne pepper; cook and stir for 2 minutes more.

2 Add 1 can of the beans; mash with a potato masher or fork. Stir in the remaining 2 cans beans, broth, and 2 cans chile peppers. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Stir in chicken; heat through.

3 Top each serving with ¼ cup of the cheese. If desired, top with sour cream and additional chile peppers.

NUTRITION FACTS PER SERVING:
471 cal., 16 g total fat (7 g sat. fat), 76 mg chol., 468 mg sodium, 43 g carb., 9 g dietary fiber, 38 g protein.

Set up a buffet of tasty toppers for chili. In addition to corn chips, cheese, and sliced green onions, try these flavor boosters.

- **Cilantro Sour Cream:** Combine one 9-ounce carton sour cream and ¼ cup snipped fresh cilantro. Add a squeeze of fresh lime juice, if desired.
- **Avocado-Tomato Salsa:** Combine 1 firm, ripe avocado, peeled, pitted, and chopped; 1 cup cherry tomatoes, quartered; 1 tablespoon lime juice; and 1 fresh jalapeño chile pepper, seeded and chopped.

Corn Bread–Crusted Chili

START TO FINISH **20 minutes** MAKES **4 servings**

- **1 pound lean ground beef**
- **1 16-ounce jar salsa**
- **1 15-ounce can chili beans in chili gravy, undrained**
- **1 cup frozen whole kernel corn**
- **1¼ cups packaged corn bread stuffing mix**
- **3 tablespoons butter, melted**
- **1 to 2 tablespoons snipped fresh parsley (optional)**

1 Preheat broiler. In a large broiler-proof skillet cook ground beef over medium-high heat until brown, using a wooden spoon to break up meat as it cooks. Drain off fat. Stir in salsa, beans in gravy, and frozen corn; heat through. Spread meat mixture into an even layer.

2 Meanwhile, in a small bowl combine stuffing mix, melted butter, and, if desired, parsley. Sprinkle evenly over meat mixture. Broil 3 to 4 inches from the heat about 2 minutes or until top is golden brown.

NUTRITION FACTS PER SERVING:
588 cal., 28 g total fat (12 g sat. fat), 100 mg chol., 1,249 mg sodium, 53 g carb., 9 g dietary fiber, 33 g protein.

White Bean–Chicken Chili

START TO FINISH **20 minutes** MAKES **4 servings**

- **1 tablespoon vegetable oil**
- **½ cup chopped onion (1 medium)**
- **1 15.5-ounce can hominy, drained**
- **1 15-ounce can Great Northern beans, rinsed and drained**
- **1 14-ounce can reduced-sodium chicken broth**
- **1 9-ounce package frozen cooked chicken breast strips**
- **¼ cup lime juice**
- **2 tablespoons snipped fresh cilantro**
- **¼ teaspoon ground cumin**
- **¼ teaspoon ground black pepper**
- **½ cup shredded Colby and Monterey Jack cheese, Monterey Jack cheese, or cheddar cheese (2 ounces)**
- **Salsa verde**
- **White corn tortilla chips**
- **Fresh cilantro leaves (optional)**

1 In a large saucepan heat oil over medium heat. Add onion; cook for 3 minutes, stirring occasionally. Stir in hominy, beans, broth, chicken, lime juice, snipped cilantro, cumin, and pepper. Cover and cook over medium heat until heated through, stirring occasionally.

2 Sprinkle each serving with 2 tablespoons of the cheese. Top with salsa, tortilla chips, and, if desired, cilantro leaves.

NUTRITION FACTS PER SERVING:
434 cal., 14 g total fat (5 g sat. fat), 58 mg chol., 1,001 mg sodium, 48 g carb., 9 g dietary fiber, 31 g protein.

4

Main-Dish Salads

Superfoods Salad

START TO FINISH 25 minutes **MAKES** 4 servings

- ⅓ cup raspberry vinegar
- 2 tablespoons snipped fresh mint
- 2 tablespoons honey
- 1 tablespoon canola oil
- ¼ teaspoon salt
- 6 cups fresh baby spinach
- 3 cups chopped cooked chicken breast or purchased roasted chicken (about 1 pound)
- 2 cups fresh strawberries, sliced
- ½ cup fresh blueberries
- ¼ cup walnuts, toasted and coarsely chopped
- ¼ cup crumbled goat cheese (chèvre) (1 ounce)
- ½ teaspoon freshly ground black pepper

1 For vinaigrette, in a screw-top jar combine vinegar, mint, honey, oil, and salt. Cover and shake well.

2 In an extra-large bowl combine spinach, chicken, strawberries, blueberries, walnuts, and cheese.

3 Shake vinaigrette. Pour over salad; toss gently to coat. Sprinkle with pepper.

NUTRITION FACTS PER SERVING:
243 cal., 9 g total fat (2 g sat. fat), 62 mg chol., 191 mg sodium, 15 g carb., 2 g dietary fiber, 25 g protein.

Chicken, Grapes, and Goat Cheese Salad

START TO FINISH **30 minutes** MAKES **4 servings**

- **¼ cup grape seed oil or olive oil**
- **3 tablespoons balsamic vinegar**
- **1 tablespoon dried dill**
- **1 large clove garlic, minced**
- **¼ teaspoon dried oregano, crushed**
- **¼ teaspoon freshly ground black pepper**
- **1¼ pounds skinless, boneless chicken breast halves**
- **Montreal steak seasoning or Kansas City steak seasoning**
- **8 cups mesclun mix, spring salad greens, or fresh spinach**
- **¾ cup seedless red grapes, halved**
- **⅓ cup crumbled goat cheese (chèvre)**
- **¼ cup pine nuts, toasted**

1 For vinaigrette, in a screw-top jar combine oil, vinegar, dill, garlic, oregano, and pepper. Cover and shake well.

2 Lightly sprinkle chicken with steak seasoning. For a charcoal grill, grill chicken on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until chicken is no longer pink (170° F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place chicken on grill rack over heat. Cover and grill as above.)

3 Divide mesclun mix among dinner plates. Top with grapes, cheese, and pine nuts. Slice chicken; arrange on top of salads. Shake vinaigrette; drizzle over salads.

NUTRITION FACTS PER SERVING:
429 cal., 25 g total fat (5 g sat. fat), 92 mg chol., 186 mg sodium, 13 g carb., 2 g dietary fiber, 38 g protein.

Poached Lemon Chicken Salad

START TO FINISH 30 minutes MAKES 4 servings

- 1 lemon
- 1 pound skinless, boneless chicken breast halves, cut into 2-inch pieces
- 1 cup chicken broth
- 2 cloves garlic, minced
- ¼ teaspoon ground black pepper
- 4 cups thinly sliced vegetables, such as cucumber, radishes, and/or carrots
- 6 cups torn mixed salad greens
- 3 tablespoons olive oil
- Salt
- Ground black pepper

1 Using a vegetable peeler, remove yellow peel from lemon. Cut lemon in half; set aside. In a medium saucepan combine lemon peel, chicken, broth, garlic, and ¼ teaspoon pepper. Bring to boiling; reduce heat. Simmer, covered, about 7 minutes or until chicken is no longer pink. Drain, discarding cooking liquid and lemon peel. Cool chicken slightly. Using two forks, pull chicken apart into coarse shreds.

2 In a large bowl combine shredded chicken and vegetables. Divide chicken mixture among dinner plates. Top with salad greens; drizzle with oil.

3 Squeeze juice from lemon halves over salads. Season to taste with salt and additional pepper.

NUTRITION FACTS PER SERVING:
255 cal., 12 g total fat (2 g sat. fat), 66 mg chol., 495 mg sodium, 10 g carb., 4 g dietary fiber, 29 g protein.

Buffalo Chicken Salad

START TO FINISH **25 minutes** OVEN **per package directions** MAKES **4 servings**

- **1 25.5-ounce package frozen buffalo-style boneless chicken bites**
- **2 hearts of romaine lettuce, cut up**
- **1½ cups sliced celery (3 stalks) and/or carrot strips (3 medium)**
- **½ cup light mayonnaise**
- **¼ cup crumbled blue cheese (1 ounce)**
- **4 teaspoons lemon juice**
- **¼ teaspoon ground black pepper**
- **Lemon halves or wedges**

1 Prepare chicken bites according to package directions.

2 Meanwhile, arrange lettuce on a serving platter or four dinner plates. Top with celery and/or carrots. For dressing, in a small bowl combine mayonnaise, cheese, lemon juice, and pepper.

3 Cut chicken bites in half. Arrange warm chicken on top of lettuce mixture. Serve salad with dressing and lemon halves.

NUTRITION FACTS PER SERVING:
389 cal., 16 g total fat (3 g sat. fat), 157 mg chol., 1,359 mg sodium, 14 g carb., 6 g dietary fiber, 48 g protein.

Pesto Chicken Salad

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 2- to 2¼-pound purchased roasted chicken**
- **2 tablespoons olive oil**
- **1 pound sliced fresh mushrooms**
- **½ cup dried tomato pesto**
- **3 tablespoons balsamic vinegar**
- **½ cup cherry tomatoes, halved**
- **8 cups mixed salad greens**

1 Remove and chop enough meat from the chicken to make 2 cups. Save any remaining chicken for another use.

2 In a large skillet heat oil over medium heat. Add mushrooms; cook about 10 minutes or until tender, stirring occasionally. Stir in pesto and vinegar. Bring to boiling. Stir in chopped chicken; heat through. Gently stir in tomatoes.

3 Arrange salad greens on a serving platter; top with chicken mixture. Serve warm.

NUTRITION FACTS PER SERVING:
419 cal., 24 g total fat (6 g sat. fat), 96 mg chol., 330 mg sodium, 14 g carb., 3 g dietary fiber, 38 g protein.

Pulled Chicken–Peanut Salad

START TO FINISH 25 minutes **MAKES** 4 servings

- **2 tablespoons frozen orange juice concentrate, thawed**
- **1 tablespoon water**
- **2 teaspoons toasted sesame oil**
- **¼ teaspoon salt**
- **⅛ teaspoon coarse ground black pepper**
- **6 cups torn mixed salad greens**
- **2 cups coarsely shredded cooked chicken**
- **1 11-ounce can mandarin orange sections, drained**
- **¼ cup cocktail peanuts**

1 For dressing, in a small bowl stir together juice concentrate, the water, sesame oil, salt, and pepper.

2 Divide salad greens among dinner plates. Arrange chicken, oranges, and peanuts on top of salad greens; drizzle with dressing.

NUTRITION FACTS PER SERVING:
263 cal., 12 g total fat (3 g sat. fat), 62 mg chol., 247 mg sodium, 15 g carb., 2 g dietary fiber, 24 g protein.

Almond Chicken Salad

START TO FINISH 15 minutes MAKES 4 servings

- 12 ounces packaged refrigerated grilled chicken breast strips
- 1 6-ounce package fresh baby spinach
- 1 cup seedless red grapes, halved
- 1 11-ounce can mandarin orange sections, drained
- ¼ cup sliced almonds
- ½ cup orange juice
- 2 tablespoons balsamic vinegar
- 1 tablespoon toasted sesame oil
- ¼ teaspoon ground black pepper

1 In an extra-large bowl combine chicken, spinach, grapes, oranges, and almonds.

2 For dressing, in a screw-top jar combine orange juice, vinegar, sesame oil, and pepper. Cover and shake well. Pour dressing over spinach mixture; toss gently to coat.

NUTRITION FACTS PER SERVING:
249 cal., 8 g total fat (1 g sat. fat), 55 mg chol., 431 mg sodium, 25 g carb., 3 g dietary fiber, 22 g protein.

Warm Chicken-Spinach Salad

START TO FINISH 20 minutes MAKES 4 servings

- 1¼ pounds skinless, boneless chicken breast halves
- Salt
- Ground black pepper
- 2 tablespoons vegetable oil
- 1½ cups sliced fresh mushrooms (4 ounces)
- 1 10-ounce package fresh spinach
- ½ cup broken walnuts, toasted if desired
- 2 tablespoons finely shredded Parmesan cheese

1 Sprinkle chicken with salt and pepper. In a 12-inch skillet heat oil over medium heat. Add chicken; cook for 8 to 12 minutes or until chicken is no longer pink (170°F), turning once. Remove chicken from skillet; cover and keep warm.

2 Add mushrooms to skillet. Cook and stir for 2 minutes. Add spinach to skillet. Cook, covered, for 1 to 2 minutes or just until spinach begins to wilt, stirring once. Remove from heat; stir in walnuts. Season to taste with additional salt and pepper.

3 Divide spinach mixture among dinner plates. Slice chicken; arrange on top of spinach mixture. Sprinkle with cheese.

NUTRITION FACTS PER SERVING:
347 cal., 19 g total fat (2 g sat. fat), 84 mg chol., 192 mg sodium, 6 g carb., 3 g dietary fiber, 39 g protein.

Chicken and Jicama Spinach Salad

START TO FINISH 30 minutes MAKES 6 servings

- 8 cups torn fresh spinach
- 3 cups chopped cooked chicken or turkey (about 1 pound)
- ½ of a small jicama, peeled and cut into thin strips (about 2 cups)
- 1 medium red onion, thinly sliced and separated into rings
- ½ cup sliced radishes
- ¼ cup sliced almonds, toasted
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 tablespoons maple syrup

1 In a large salad bowl combine spinach, chicken, jicama, red onion, radishes, and almonds.

2 For dressing, in a screw-top jar combine oil, lemon juice, and maple syrup. Cover and shake well. Pour dressing over spinach mixture; toss gently to coat.

NUTRITION FACTS PER SERVING:
294 cal., 20 g total fat (5 g sat. fat), 75 mg chol., 528 mg sodium, 14 g carb., 4 g dietary fiber, 18 g protein.

Glazed Chicken with Wilted Spinach

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 recipe Ginger-Apple Glaze**
- **1¼ pounds skinless, boneless chicken breast halves**
- **Nonstick cooking spray**
- **2 cups sliced apples (2 medium)**
- **⅓ cup sliced leek (1 medium) or chopped onion (1 small)**
- **2 cloves garlic, minced**
- **2 tablespoons apple juice, apple cider, or chicken broth**
- **1 10-ounce package fresh spinach**
- **Salt**
- **Ground black pepper**

1 Prepare Ginger-Apple Glaze. Reserve ¼ cup of the glaze to use for apple mixture.

2 For a charcoal grill, grill chicken on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until chicken is no longer pink (170°F), turning once halfway through grilling and brushing frequently with the remaining glaze during the last 5 minutes of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place chicken on grill rack over heat. Cover and grill as above.) Remove chicken from grill; cover and keep warm.

3 Lightly coat a Dutch oven with cooking spray; heat Dutch oven over medium heat. Add apples, leek, and garlic; cook for 3 minutes, stirring occasionally. Stir in the reserved ¼ cup glaze and apple juice. Bring to boiling. Add spinach; toss just until wilted. Remove from heat. Season to taste with salt and pepper.

4 Divide spinach mixture among dinner plates. Slice chicken; arrange on top of spinach mixture.

NUTRITION FACTS PER SERVING:
335 cal., 2 g total fat (1 g sat. fat), 82 mg chol., 673 mg sodium, 44 g carb., 4 g dietary fiber, 36 g protein.

Ginger-Apple Glaze

In a small saucepan combine ½ cup apple jelly; 2 tablespoons soy sauce; 1 tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed; 1 teaspoon finely shredded lemon peel; and 1 teaspoon grated fresh ginger. Cook and stir just until jelly is melted. Makes ⅔ cup.

Roasted Chicken, Focaccia, and Olive Salad

START TO FINISH 30 minutes MAKES 4 servings

- 5 tablespoons olive oil
- ¼ cup white wine vinegar or cider vinegar
- 2 teaspoons Mediterranean seasoning or spaghetti seasoning
- 1 teaspoon sugar
- 3 cups torn, day-old garlic Italian flatbread (focaccia) or Italian bread (6 ounces)
- 2 cups shredded purchased roasted chicken or cooked chicken breast
- ¾ cup pitted olives
- 3 hearts of romaine lettuce, cored and coarsely chopped

1 For dressing, in a small bowl whisk together 4 tablespoons of the oil, the vinegar, Mediterranean seasoning, and sugar; set aside.

2 In a 12-inch skillet heat the remaining 1 tablespoon oil over medium-high heat. Add bread. Cook and stir about 5 minutes or until lightly toasted. Remove from skillet. Add dressing, chicken, and olives to skillet. Cook and stir for 2 to 3 minutes or until chicken is heated through. Return bread to skillet; toss gently to coat.

3 Divide lettuce among dinner plates. Top with chicken mixture.

NUTRITION FACTS PER SERVING:
478 cal., 34 g total fat (8 g sat. fat), 83 mg chol., 998 mg sodium, 22 g carb., 3 g dietary fiber, 21 g protein.

Chicken and Broccoli Salad

START TO FINISH 20 minutes MAKES 4 servings

- ½ cup mayonnaise or salad dressing
- 2 tablespoons cider vinegar
- 4 cups packaged shredded broccoli (broccoli slaw mix)
- 2 cups chopped cooked chicken
- 2 cups chopped red apples
- 3 slices bacon, crisp-cooked, drained, and crumbled
- Bacon, crisp-cooked, drained, and crumbled (optional)

1 For dressing, in a small bowl stir together mayonnaise and vinegar; set aside.

2 In a large bowl combine shredded broccoli, chicken, apples, and 3 slices crumbled bacon. Pour dressing over chicken mixture; toss gently to coat. If desired, sprinkle with additional crumbled bacon.

NUTRITION FACTS PER SERVING:
426 cal., 30 g total fat (6 g sat. fat), 79 mg chol., 382 mg sodium, 16 g carb., 4 g dietary fiber, 25 g protein.

Fruited Chicken Salad

START TO FINISH **30 minutes** MAKES **4 servings**

- ½ cup crème fraîche or sour cream
- ¼ cup white wine vinegar
- 3 to 4 tablespoons Dijon-style mustard
- 2 cloves garlic, minced
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 4 slices Texas toast or sourdough bread, toasted
- 2 to 4 tablespoons honey butter
- 6 cups torn mixed salad greens or 4 hearts of romaine lettuce
- ½ cup lightly packed small fresh mint leaves
- 2 tablespoons shredded fresh basil or marjoram
- 1 2- to 2¼-pound purchased roasted chicken, quartered and chilled
- 4 cups sliced pears and/or apples (4 medium)

1 For dressing, in a small bowl whisk together crème fraîche, vinegar, mustard, garlic, salt, and pepper; set aside.

2 Spread toast slices with honey butter; divide among dinner plates. In a large bowl combine salad greens, mint, and basil. Divide greens mixture among toast slices. (Or place romaine lettuce on toast slices and sprinkle with mint and basil.) Arrange chicken and pears and/or apples on top of greens mixture; drizzle with dressing.

NUTRITION FACTS PER SERVING:
677 cal., 36 g total fat (13 g sat. fat), 218 mg chol., 965 mg sodium, 37 g carb., 3 g dietary fiber, 52 g protein.

Make-Ahead Directions: Prepare dressing as directed in Step 1. Cover and chill for up to 24 hours. Continue as directed.

Turkey Salad with Oranges

START TO FINISH 30 minutes **MAKES** 4 servings

- **1 5-ounce package arugula or fresh baby spinach**
- **2 cups shredded cooked turkey or chicken**
- **1 cup red sweet pepper strips (1 medium)**
- **¼ cup fresh cilantro leaves**
- **3 tablespoons orange juice**
- **2 tablespoons peanut oil or canola oil**
- **1 tablespoon honey**
- **2 teaspoons lemon juice**
- **2 teaspoons Dijon-style mustard**
- **¼ teaspoon salt**
- **¼ teaspoon ground cumin**
- **¼ teaspoon ground black pepper**
- **4 oranges, peeled and sectioned**

1 In a large bowl toss together arugula, turkey, sweet pepper, and cilantro.

2 For orange vinaigrette, in a small bowl whisk together orange juice, oil, honey, lemon juice, mustard, salt, cumin, and black pepper.

3 Pour some of the vinaigrette over arugula mixture; toss gently to coat. Gently toss in orange sections.

4 Divide arugula mixture among dinner plates. Serve with the remaining orange vinaigrette.

NUTRITION FACTS PER SERVING:
281 cal., 8 g total fat (1 g sat. fat), 71 mg chol., 263 mg sodium, 25 g carb., 5 g dietary fiber, 28 g protein.

Mango Salad with Turkey

START TO FINISH **30 minutes** MAKES **4 servings**

- **3 tablespoons canola oil**
- **½ teaspoon finely shredded lime peel**
- **2 tablespoons lime juice**
- **1 tablespoon water**
- **8 cups torn butterhead (Boston or bibb) lettuce**
- **12 ounces cooked smoked turkey or chicken breast, cut into bite-size pieces**
- **2 cups peeled and thinly sliced mangoes (2 medium)**
- **¼ cup chopped green onions (2)**
- **2 tablespoons snipped fresh cilantro**
- **Lime wedges (optional)**

1 For lime vinaigrette, in a screw-top jar combine oil, lime peel, lime juice, and the water. Cover and shake well.

2 Divide lettuce among dinner plates. Arrange turkey, mangoes, and green onions on top of lettuce. Sprinkle with cilantro. Shake lime vinaigrette; drizzle over salads. If desired, serve with lime wedges.

NUTRITION FACTS PER SERVING:
256 cal., 12 g total fat (1 g sat. fat), 37 mg chol., 1,031 mg sodium, 23 g carb., 3 g dietary fiber, 19 g protein.

Make-Ahead Directions: Prepare lime vinaigrette as directed in Step 1. Cover and chill for up to 4 hours. Continue as directed.

Cajun Turkey Cutlets with Fruit and Greens

START TO FINISH 20 minutes MAKES 4 servings

- **2 turkey breast tenderloins (1 to 1½ pounds total)**
- **1 tablespoon olive oil**
- **1½ teaspoons Cajun seasoning**
- **6 cups torn mixed salad greens**
- **1½ cups sliced cantaloupe**
- **1 cup fresh blueberries**
- **Crumbled farmer cheese (optional)**
- **Desired bottled salad dressing**

1 Cut each turkey tenderloin in half horizontally to make four pieces. Brush turkey pieces with oil. Sprinkle with Cajun seasoning.

2 For a charcoal grill, grill turkey on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until turkey is no longer pink (170°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place turkey on grill rack over heat. Cover and grill as above.)

3 Arrange salad greens on a serving platter or four dinner plates. Slice turkey. Arrange turkey, cantaloupe, and blueberries on top of greens. If desired, sprinkle with cheese. Serve with your choice of salad dressing.

NUTRITION FACTS PER SERVING:
355 cal., 21 g total fat (4 g sat. fat), 70 mg chol., 145 mg sodium, 14 g carb., 3 g dietary fiber, 30 g protein.

Grilled Steak Bruschetta Salad

START TO FINISH **30 minutes** MAKES **4 servings**

- **1/3 cup apricot preserves**
- **1/4 cup plain low-fat yogurt**
- **2 tablespoons creamy Dijon-style mustard blend or honey mustard**
- **2 tablespoons lemon juice**
- **2 6-ounce boneless beef top loin (strip) steaks, cut 1 inch thick**
- **1/4 teaspoon salt**
- **1/4 teaspoon ground black pepper**
- **12 1/4-inch slices baguette-style French bread**
- **4 cups fresh spinach**
- **1/4 cup chopped roasted red sweet pepper**
- **1/4 cup crumbled Gorgonzola cheese or shredded Parmesan cheese (1 ounce)**

1 For dressing, snip any large pieces of fruit in preserves. In a small bowl combine preserves, yogurt, mustard blend, and lemon juice; set aside.

2 Trim fat from steaks. Sprinkle both sides of steaks with salt and black pepper.

3 For a charcoal grill, grill steaks on the rack of an uncovered grill directly over medium coals for 10 to 12 minutes for medium-rare (145°F) or 12 to 15 minutes for medium (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place steaks on grill rack over heat. Cover and grill as above.)

4 While steaks are grilling, add bread slices to grill. Grill for 1 to 2 minutes or until bread is toasted, turning once halfway through grilling.

5 Divide spinach among dinner plates. Top with toasted bread slices; drizzle with dressing. Slice steaks; arrange on bread slices. Top with roasted pepper and cheese.

NUTRITION FACTS PER SERVING:
404 cal., 16 g total fat (7 g sat. fat), 55 mg chol., 621 mg sodium, 39 g carb., 2 g dietary fiber, 24 g protein.

Middle Eastern Beef Salad

START TO FINISH 30 minutes MAKES 4 servings

- 12 ounces beef tenderloin steaks, cut 1 inch thick
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper
- 6 cups fresh baby spinach
- 1 15-ounce can garbanzo beans (chickpeas), rinsed and drained
- 2 medium yellow or red tomatoes, cut into wedges
- 1¼ cups coarsely chopped cucumber (1 small)
- 1 recipe Mint-Yogurt Dressing



1 Trim fat from steaks. Sprinkle steaks with salt and pepper. For a charcoal grill, grill steaks on the rack of an uncovered grill directly over medium coals for 10 to 12 minutes for medium-rare (145°F) or 12 to 15 minutes for medium (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place steaks on grill rack over heat. Cover and grill as above.)

2 Meanwhile, divide spinach, beans, tomatoes, and cucumber among dinner plates.

3 Thinly slice steaks; arrange on top of spinach mixture. Serve with Mint-Yogurt Dressing.

NUTRITION FACTS PER SERVING:
282 cal., 9 g total fat (3 g sat. fat), 58 mg chol., 542 mg sodium, 25 g carb., 6 g dietary fiber, 27 g protein.

Mint-Yogurt Dressing

In a small bowl combine ¼ cup snipped fresh parsley; ¼ cup snipped fresh mint; 3 cloves garlic, minced; 1 teaspoon olive oil; and 1 teaspoon honey. Stir in 6 tablespoons plain low-fat or fat-free yogurt. Makes about ½ cup.



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Spinach and Basil Salad with Beef

START TO FINISH 25 minutes MAKES 4 servings

- ¼ cup pear nectar
- 2 tablespoons canola oil
- 2 tablespoons white wine vinegar
- ½ teaspoon Worcestershire sauce
- ⅛ teaspoon freshly ground black pepper
- 4 cups fresh baby spinach
- 2 cups sliced fresh mushrooms
- ½ cup lightly packed fresh basil leaves
- 12 ounces cooked beef sirloin steak, cut into thin bite-size strips*
- 2 medium oranges, peeled and sectioned
- ¼ cup sliced almonds, toasted

1 For dressing, in a screw-top jar combine pear nectar, oil, vinegar, Worcestershire sauce, and pepper. Cover and shake well.

2 In a large bowl toss together spinach, mushrooms, and basil. Divide spinach mixture among dinner plates. Arrange beef strips and orange sections on top of spinach mixture. Shake dressing; drizzle over salads. Sprinkle with almonds.

NUTRITION FACTS PER SERVING:
311 cal., 15 g total fat (3 g sat. fat), 49 mg chol., 92 mg sodium, 14 g carb., 4 g dietary fiber, 30 g protein.

***tip**

If you are cooking your own beef, start with 1 to 1¼ pounds boneless beef top sirloin steak, cut 1 inch thick. Preheat broiler. Place steak on the unheated rack of a broiler pan. Broil 3 to 4 inches from the heat for 15 to 17 minutes for medium-rare (145°F) or 20 to 22 minutes for medium (160°F), turning once halfway through broiling.

Thai-Style Beef Salad

START TO FINISH 20 minutes MAKES 2 servings

- ¼ cup bottled Italian salad dressing
- 1 to 2 tablespoons lime juice
- 1 tablespoon soy sauce
- 2 teaspoons snipped fresh cilantro
- 4 cups fresh spinach leaves or torn mixed salad greens
- 1 cup shredded cooked roast beef
- ½ cup shredded carrot (1 medium)
- 2 tablespoons chopped peanuts

1 For dressing, in a screw-top jar combine Italian dressing, lime juice, soy sauce, and cilantro. Cover and shake well.

2 In a medium bowl combine spinach, beef, and carrot. Shake dressing. Drizzle over salad; toss gently to coat.

3 Divide salad among dinner plates. Sprinkle with peanuts.

NUTRITION FACTS PER SERVING:
328 cal., 22 g total fat (5 g sat. fat), 56 mg chol., 1,095 mg sodium, 10 g carb., 3 g dietary fiber, 25 g protein.

tip

For an even quicker salad, use 3 tablespoons bottled Asian salad dressing in place of the Italian dressing, lime juice, soy sauce, and cilantro.

Pork and Apple Salad with Blue Cheese Dressing

START TO FINISH **30 minutes** MAKES **4 servings**

- **⅓ cup buttermilk**
- **2 tablespoons light mayonnaise or salad dressing**
- **2 tablespoons crumbled blue cheese**
- **2 tablespoons thinly sliced green onion (1)**
- **12 ounces boneless pork top loin chops, cut ¾ inch thick**
- **2 teaspoons snipped fresh thyme or 1 teaspoon dried thyme, crushed**
- **¼ teaspoon ground black pepper**
- **8 cups torn mixed salad greens**
- **2 cups thinly sliced apples and/or pears (2 medium)**
- **¼ cup coarsely chopped walnuts, toasted (optional)**
- **Cracked black pepper (optional)**

1 Preheat broiler. For dressing, in a small bowl whisk together buttermilk and mayonnaise until smooth. Stir in cheese and green onion; set aside.

2 Trim fat from chops. Sprinkle thyme and ground pepper evenly over both sides of chops; rub in with your fingers. Place chops on the unheated rack of a broiler pan. Broil 3 to 4 inches from the heat for 9 to 11 minutes or until meat is slightly pink in center and juices run clear (160°F), turning once halfway through broiling.

3 Divide salad greens and apples and/or pears among dinner plates. Slice chops; arrange on top of greens mixture. Drizzle with dressing. If desired, sprinkle with walnuts and cracked pepper.

NUTRITION FACTS PER SERVING:
234 cal., 11 g total fat (4 g sat. fat), 61 mg chol., 203 mg sodium, 14 g carb., 3 g dietary fiber, 21 g protein.

Prosciutto and Green Bean Potato Salad

START TO FINISH 30 minutes MAKES 4 servings

- 2 pounds red-skinned potatoes, cut into 1-inch pieces
- 8 ounces fresh green beans, trimmed and cut into 1½-inch pieces
- ¼ cup olive oil
- ¼ cup white wine vinegar
- 2 tablespoons water
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper
- 2 ounces thinly sliced prosciutto, country-style ham, or Black Forest ham, cut into bite-size strips
- 2 tablespoons snipped fresh basil
- 1 tablespoon snipped fresh Italian (flat-leaf) parsley

1 In a covered large saucepan cook potatoes in enough boiling water to cover for 5 minutes. Add green beans. Cook, covered, about 5 minutes more or until potatoes are tender; drain. Transfer potato mixture to a large bowl; cool.

2 For dressing, in a small bowl whisk together oil, vinegar, the water, lemon juice, salt, and crushed red pepper.

3 Pour dressing over potato mixture. Add prosciutto, basil, and parsley; toss gently to coat. Serve at room temperature.

NUTRITION FACTS PER SERVING:
330 cal., 16 g total fat (2 g sat. fat), 10 mg chol., 692 mg sodium, 40 g carb., 6 g dietary fiber, 10 g protein.

Spinach, Grapes, and Bacon Salad

START TO FINISH **25 minutes** MAKES **4 servings**

- **8 slices bacon**
- **¼ cup raspberry vinegar**
- **1 tablespoon packed brown sugar**
- **Dash salt**
- **Dash ground black pepper**
- **4 cups seedless grapes**
- **6 cups fresh baby spinach**
- **4 ounces shaved dilled havarti cheese**
- **Pecan halves (optional)**

1 In a 12-inch skillet cook bacon over medium heat until crisp. Remove bacon and drain on paper towels, reserving 3 tablespoons drippings in skillet. Crumble bacon; set aside.

2 Add vinegar, brown sugar, salt, and pepper to the reserved drippings in skillet. Cook about 30 seconds or just until warm.

3 Meanwhile, halve 2 cups of the grapes. In a large bowl combine halved grapes and spinach. Add warm vinegar mixture; toss gently to coat.

4 Divide spinach mixture among dinner plates. Top with crumbled bacon, the remaining 2 cups grapes, cheese, and, if desired, pecan halves.

NUTRITION FACTS PER SERVING:
434 cal., 25 g total fat (12 g sat. fat), 48 mg chol., 660 mg sodium, 37 g carb., 3 g dietary fiber, 15 g protein.

Ham and Broccoli Slaw–Stuffed Peppers

START TO FINISH 20 minutes MAKES 4 servings

- **3 cups packaged shredded broccoli (broccoli slaw mix)**
- **1 cup cubed cooked ham (5 ounces)**
- **¼ cup bottled Parmesan ranch or peppercorn ranch salad dressing**
- **4 small yellow, orange, red, and/or green sweet peppers**
- **2 tablespoons sunflower kernels**

1 In a Dutch oven bring a large amount of water to boiling. Meanwhile, for slaw, in a medium bowl combine shredded broccoli and ham. Drizzle with dressing; toss gently to coat.

2 Cut tops off sweet peppers; remove and discard seeds and membranes. Add the pepper bottoms and tops to the boiling water; reduce heat. Simmer, covered, for 3 minutes; drain in a colander. Rinse with cold running water until cool; drain well.

3 Place pepper bottoms, cut sides up, on dinner plates. Mound slaw in pepper bottoms, allowing any extra to overflow onto plates. Sprinkle with sunflower kernels. Add pepper tops.

NUTRITION FACTS PER SERVING:
190 cal., 13 g total fat (3 g sat. fat), 24 mg chol., 597 mg sodium, 13 g carb., 4 g dietary fiber, 9 g protein.

Gazpacho Shrimp Salad

START TO FINISH **30 minutes** MAKES **6 servings**

- **18 ounces fresh or frozen peeled and deveined extra-large or jumbo shrimp***
- **5 large ripe tomatoes, chopped**
- **1¼ cups chopped English cucumber (1 medium)**
- **¾ cup chopped green sweet pepper (1 medium)**
- **½ cup chopped red onion (1 medium)**
- **Salt**
- **Ground black pepper**
- **1 recipe Red Pepper-Tomato Dressing**
- **2 cups crushed croutons**
- **Snipped fresh Italian (flat-leaf) parsley**

1 Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. Fill a large skillet half full with lightly salted water; bring to boiling. Add shrimp; cook, uncovered, for 1 minute. Remove from heat. Let shrimp stand in water for 1 to 2 minutes or until opaque. Remove with a slotted spoon; cool.

2 In a large bowl combine tomatoes, cucumber, sweet pepper, and red onion. Season to taste with salt and black pepper.

3 Divide Red Pepper-Tomato Dressing among salad bowls. Top with tomato mixture, shrimp, croutons, and parsley.

NUTRITION FACTS PER SERVING:
285 cal., 14 g total fat (2 g sat. fat), 115 mg chol., 371 mg sodium, 21 g carb., 4 g dietary fiber, 19 g protein.

Red Pepper–Tomato Dressing

Drain one 12-ounce jar roasted red sweet peppers. In a blender combine roasted sweet peppers; 2 large ripe tomatoes, quartered; ⅓ cup olive oil; 3 tablespoons vinegar; 1 teaspoon smoked paprika; and 1 clove garlic, minced. Cover and blend until smooth. Season to taste with salt and ground black pepper.

Make-Ahead Directions: Cook shrimp as directed in Step 1; cover and chill for up to 24 hours. Chop vegetables. Place tomatoes in a separate bowl. In another bowl toss together cucumber, sweet pepper, and red onion. Prepare dressing. Cover and chill vegetables and dressing for up to 24 hours. Serve as directed.

***tip**

For a more dramatic presentation, use shrimp with the tails left on. Start with 1½ pounds shrimp; peel and devein shrimp, leaving tails intact.

Iceberg Wedges with Shrimp and Blue Cheese Dressing

START TO FINISH 30 minutes MAKES 6 servings

- 18 ounces fresh or frozen peeled and deveined large shrimp*
- 3 tablespoons lemon juice
- ¼ teaspoon ground black pepper
- ½ cup light mayonnaise or salad dressing
- ¼ to ½ teaspoon bottled hot pepper sauce
- 2 tablespoons crumbled blue cheese
- 3 to 4 tablespoons fat-free milk
- Nonstick cooking spray
- 1 large head iceberg lettuce, cut into 12 wedges
- 1 large tomato, chopped
- ⅓ cup thinly sliced, quartered red onion
- 2 slices turkey bacon or bacon, crisp-cooked, drained, and crumbled

1 Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. In a medium bowl combine shrimp, 2 tablespoons of the lemon juice, and ⅛ teaspoon of the black pepper; toss gently to coat. Set aside.

2 For dressing, in a small bowl combine the remaining 1 tablespoon lemon juice, the remaining ⅛ teaspoon black pepper, mayonnaise, and hot pepper sauce. Stir in cheese. Stir in enough of the milk to reach desired consistency.

3 Coat a grill pan with cooking spray; heat grill pan over medium-high heat. Thread shrimp onto six 10- to 12-inch metal skewers. Place skewers on grill pan. Cook for 3 to 5 minutes or until shrimp are opaque, turning once. (If necessary, cook shrimp skewers half at a time.)

4 Divide lettuce wedges among dinner plates. Arrange shrimp, tomato, red onion, and bacon on top of lettuce. Serve with dressing.

NUTRITION FACTS PER SERVING:
190 cal., 10 g total fat (2 g sat. fat), 129 mg chol., 360 mg sodium, 8 g carb., 1 g dietary fiber, 18 g protein.

***tip**

For a more dramatic presentation, use shrimp with the tails left on. Start with 1½ pounds shrimp; peel and devein shrimp, leaving tails intact.

tip

If time permits, you may use wooden skewers. But you'll need to soak them in water for at least 30 minutes. Drain before using.

Shrimp Fritters with Romaine

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 pound fresh or frozen peeled and deveined cooked shrimp**
- **1 egg, lightly beaten**
- **¾ cup thinly sliced green onions (6)**
- **¼ cup all-purpose flour**
- **1 tablespoon seafood seasoning**
- **¼ cup vegetable oil**
- **1 lime**
- **⅓ cup mayonnaise or salad dressing**
- **1 tablespoon honey**
- **1 head romaine lettuce, sliced crosswise**

1 Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. Coarsely chop shrimp. In a medium bowl combine egg, ½ cup of the green onions, flour, and 2 teaspoons of the seafood seasoning. Stir in shrimp.

2 In a large skillet heat oil over medium-high heat. Using a ⅓-cup measure, carefully drop about half the shrimp mixture in mounds into hot oil; slightly flatten with a spatula. Cook about 6 minutes or until golden brown and heated through, turning once. Transfer to paper towels; cover and keep warm. Repeat with the remaining shrimp mixture.

3 Finely shred 2 teaspoons peel from lime. Cut lime in half; squeeze juice from one lime half into a small bowl. Stir in the remaining 1 teaspoon seafood seasoning, lime peel, mayonnaise, and honey. Cut the remaining lime half into wedges.

4 Serve shrimp fritters with lettuce, the remaining ¼ cup green onions, mayonnaise mixture, and lime wedges.

NUTRITION FACTS PER SERVING:
455 cal., 31 g total fat (4 g sat. fat), 281 mg chol., 385 mg sodium, 17 g carb., 2 g dietary fiber, 28 g protein.

Shrimp Salad on Baguette

START TO FINISH 20 minutes MAKES 4 servings

- **1 pound fresh or frozen peeled and deveined cooked large shrimp**
- **2 cups yellow and/or red cherry tomatoes, quartered**
- **¼ cup snipped fresh Italian (flat-leaf) parsley**
- **¼ cup Asian sweet chili sauce**
- **1 small loaf baguette-style French bread**
- **3 tablespoons mayonnaise**
- **Bottled hot pepper sauce (optional)**

1 Preheat broiler. Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. In a medium bowl combine shrimp, tomatoes, parsley, and chili sauce; set aside.

2 Cut bread in half horizontally; cut in half crosswise to make four portions. Brush cut surfaces of bread portions with mayonnaise. Place bread, cut sides up, on a baking sheet. Broil 4 to 5 inches from the heat about 2 minutes or until golden brown.

3 Arrange shrimp mixture on top of bread portions. If desired, serve with hot pepper sauce.

NUTRITION FACTS PER SERVING:
404 cal., 11 g total fat (2 g sat. fat), 225 mg chol., 885 mg sodium, 44 g carb., 3 g dietary fiber, 31 g protein.

Crab Louis

START TO FINISH 20 minutes MAKES 6 servings

- ½ cup mayonnaise
- ¼ cup chili sauce
- 1 tablespoon finely chopped green sweet pepper
- 1 tablespoon finely chopped green onion
- 1 tablespoon finely snipped fresh parsley
- 1 tablespoon prepared horseradish
- ¼ teaspoon salt
- ⅛ teaspoon cayenne pepper
- ⅛ teaspoon Worcestershire sauce
- 6 cups torn lettuce
- 3 ripe avocados, seeded, peeled, and sliced
- 1 tablespoon lemon juice
- 1 pound cooked crabmeat, cartilage removed, or canned crabmeat, drained and cartilage removed
- Lemon slices
- Cherry tomatoes

1 For dressing, in a medium bowl combine mayonnaise, chili sauce, sweet pepper, green onion, parsley, horseradish, salt, cayenne pepper, and Worcestershire sauce.

2 Divide lettuce among dinner plates. Brush avocado slices with lemon juice; arrange on top of lettuce. Arrange crabmeat on top of lettuce mixture. Spoon about 2 tablespoons of the dressing over each salad. Garnish with lemon slices and tomatoes.

NUTRITION FACTS PER SERVING:
290 cal., 18 g total fat (3 g sat. fat), 81 mg chol., 604 mg sodium, 16 g carb., 6 g dietary fiber, 18 g protein.

Salmon Cobb Salad

START TO FINISH 25 minutes OVEN 375°F MAKES 4 to 6 servings

- 4 **4-ounce fresh skinless salmon fillets**
- 1 **tablespoon olive oil**
- **Salt**
- **Ground black pepper**
- 6 **cups packaged shredded iceberg lettuce**
- 1 **or 2 medium avocados, seeded, peeled, and cut into wedges**
- 1 **cup canned whole kernel corn, rinsed and drained**
- ¾ **cup walnuts or pecans, chopped**
- ¾ **cup dried cranberries or golden raisins**
- 4 **to 6 slices packaged ready-to-serve cooked bacon, chopped**
- ½ **cup bottled reduced-calorie ranch salad dressing**

1 Preheat oven to 375°F. Line a baking pan with foil; set aside. Rinse fish; pat dry with paper towels. Place fish in the prepared baking pan. Brush with oil; sprinkle with salt and pepper. Bake for 10 to 12 minutes or until fish flakes easily when tested with a fork.

2 Meanwhile, arrange lettuce, avocado(s), corn, walnuts, dried cranberries, and bacon in strips on a large serving platter, leaving room for a strip of fish.

3 Using two forks, gently pull fish apart into shreds. Arrange fish in a strip on platter alongside other ingredients. Serve with dressing.

NUTRITION FACTS PER SERVING:
680 cal., 48 g total fat (7 g sat. fat), 76 mg chol., 594 mg sodium, 38 g carb., 7 g dietary fiber, 31 g protein.

Smoked Salmon and Apple Supper Salad

START TO FINISH **30 minutes** MAKES **4 servings**

- **4 ounces thinly sliced, smoked salmon (lox-style) or one 4-ounce piece smoked salmon, flaked, with skin and bones removed**
- **3 medium carrots, cut into bite-size strips**
- **3 stalks celery, cut into bite-size strips**
- **2 medium fennel bulbs, cored and thinly sliced**
- **1 cup thinly sliced green apple (1 medium)**
- **1 lemon**
- **¼ cup olive oil**
- **1 teaspoon sugar**
- **½ teaspoon salt**
- **1 tablespoon drained capers**
- **Lemon slices and/or fennel leaves (optional)**

1 In an extra-large bowl combine salmon, carrots, celery, fennel, and apple.

2 For dressing, finely shred peel from lemon. Cut lemon in half; squeeze juice from lemon. In a screw-top jar combine lemon peel, lemon juice, oil, sugar, and salt. Cover and shake well. Drizzle dressing over salmon mixture.

3 Let salmon mixture stand for 10 minutes, tossing once. Stir in capers. If desired, serve with lemon slices and/or fennel leaves.

NUTRITION FACTS PER SERVING:
246 cal., 15 g total fat (2 g sat. fat), 7 mg chol., 1,039 mg sodium, 24 g carb., 8 g dietary fiber, 8 g protein.

tip

Lox-style salmon is cured by brining and then smoked, giving it a softer texture and brighter color—it almost looks raw, but it is fully cooked. Any smoked salmon will work.

Salmon-Topped Salad with Strawberries

START TO FINISH 30 minutes OVEN 450°F MAKES 4 servings

- 4 **4- to 6-ounce fresh or frozen salmon fillets**
- 1 **cup fresh strawberries, halved**
- ½ **cup mayonnaise**
- 1 **teaspoon snipped fresh rosemary**
- ⅛ **teaspoon ground cinnamon**
- ⅛ **teaspoon ground cloves**
- 2 **tablespoons soy sauce**
- 1 **tablespoon olive oil**
- 2 **cloves garlic, minced**
- 6 **cups fresh baby spinach**
- 2 **cups fresh strawberries, coarsely chopped**

1 Thaw fish, if frozen. Preheat oven to 450°F. Line a 15×10×1-inch baking pan with parchment paper or foil; set aside.

2 For sauce, in a blender or food processor combine halved strawberries, mayonnaise, rosemary, cinnamon, and cloves. Cover and blend or process until smooth. Cover and chill until ready to serve.

3 In a small bowl combine soy sauce, oil, and garlic. Rinse fish; pat dry with paper towels. Place fish in the prepared baking pan; brush with soy mixture. Bake for 4 to 6 minutes per ½-inch thickness or until fish flakes easily when tested with a fork.

4 Divide spinach among dinner plates. Arrange fish and chopped strawberries on top of spinach. Drizzle with desired amount of sauce. Pass remaining sauce.

NUTRITION FACTS PER SERVING:
528 cal., 41 g total fat (8 g sat. fat), 72 mg chol., 791 mg sodium, 13 g carb., 4 g dietary fiber, 27 g protein.

Citrus Salad with Poached Cod

START TO FINISH 25 minutes MAKES 4 servings

- **1 pound fresh or frozen skinless cod, haddock, or salmon fillets, about 1 inch thick**
- **3 limes**
- **5 oranges**
- **½ cup water**
- **¼ cup olive oil**
- **1 teaspoon sugar**
- **Salt**
- **Ground black pepper**
- **4 cups arugula, fresh baby spinach, and/or watercress, trimmed**
- **Orange pieces (optional)**

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Finely shred 1 teaspoon peel from one of the limes. Cut lime in half; squeeze juice from lime. Cut two of the oranges in half; squeeze juice from two of the oranges. In a small bowl combine lime juice and orange juice. Remove ¼ cup of the juice to use for dressing.

2 Pour the remaining juices into a large nonstick skillet; add shredded lime peel and the water. Bring to boiling. Add fish; reduce heat to medium. Simmer, covered, for 8 to 12 minutes or until fish flakes easily when tested with a fork.

3 Meanwhile, for dressing, in a small bowl whisk together the reserved ¼ cup juice, oil, and sugar. Season to taste with salt and pepper.

4 Thinly slice the remaining two limes and the remaining three oranges. Stack citrus slices on dinner plates. Divide fish and arugula, spinach, and/or watercress among citrus stacks. Whisk dressing; drizzle over salads. If desired, garnish with additional orange pieces.

NUTRITION FACTS PER SERVING:
314 cal., 15 g total fat (2 g sat. fat), 49 mg chol., 141 mg sodium, 26 g carb., 6 g dietary fiber, 23 g protein.

Grilled Catfish with Succotash Salad

START TO FINISH 25 minutes MAKES 4 servings

- **4 4- to 6-ounce fresh or frozen catfish fillets, about ¾ inch thick**
- **2 cups frozen lima beans**
- **Olive oil**
- **Garlic salt**
- **Ground black pepper**
- **1 cup corn relish**
- **1 cup fresh baby spinach**

1 Thaw fish, if frozen. Cook lima beans according to package directions; drain in a colander. Rinse beans under cold running water until cool; drain well.

2 Rinse fish; pat dry with paper towels. Lightly brush fish with oil; sprinkle with garlic salt and pepper. Place fish in a well-greased wire grill basket, tucking under any thin edges to make fish of uniform thickness.

3 For a charcoal grill, grill fish in basket on the rack of an uncovered grill directly over medium coals for 6 to 9 minutes or until fish flakes easily when tested with a fork, turning basket once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place fish in basket on grill rack over heat. Cover and grill as above.)

4 In a large bowl combine lima beans, corn relish, and spinach. Serve fish with spinach mixture.

NUTRITION FACTS PER SERVING:

388 cal., 14 g total fat (3 g sat. fat), 53 mg chol., 569 mg sodium, 41 g carb., 5 g dietary fiber, 24 g protein.

Deviled Egg Salad

START TO FINISH **30 minutes** MAKES **6 to 8 servings**

- **7 hard-cooked eggs*, peeled**
- **3 tablespoons mayonnaise or salad dressing**
- **1 tablespoon snipped fresh dill**
- **1 clove garlic, minced**
- **5 dashes bottled hot pepper sauce**
- **1/8 teaspoon salt**
- **6 cups torn butterhead (Boston or bibb) lettuce**
- **2 cups grape or cherry tomatoes, halved if desired**
- **3/4 cup chopped red sweet pepper (1 medium)**
- **1/3 cup sliced green onions**
- **4 slices bacon, crisp-cooked, drained, and crumbled**
- **1 recipe Dill Vinaigrette**

1 Place eggs in a single layer in a large saucepan (do not stack eggs). Add enough cold water to cover the eggs by 1 inch. Bring to a rapid boil over high heat. Remove from heat, cover, and let stand for 15 minutes; drain. Run cold water over the eggs or place them in ice water until cool enough to handle; drain.

2 Halve hard-cooked eggs lengthwise and remove yolks. Set whites aside. Place yolks in a small bowl; mash with a fork. Add salad dressing, dill, garlic, hot pepper sauce, and salt; mix well. Stuff egg white halves with yolk mixture. Set aside.

3 Arrange lettuce, tomatoes, sweet pepper, green onions, and bacon on a large serving platter. Arrange stuffed eggs on top of lettuce mixture. Drizzle with Dill Vinaigrette.

NUTRITION FACTS PER SERVING:
269 cal., 22 g total fat (4 g sat. fat), 254 mg chol., 427 mg sodium, 8 g carb., 2 g dietary fiber, 11 g protein.

Dill Vinaigrette

In a screw-top jar combine 1/3 cup olive oil; 2 tablespoons tarragon vinegar; 1 tablespoon snipped fresh dill; 2 teaspoons Dijon-style mustard; 1 clove garlic, minced; 1/4 teaspoon salt; and 1/4 teaspoon bottled hot pepper sauce. Cover and shake well.

***tip**

To hard-cook eggs, place eggs in a single layer in a large saucepan (do not stack eggs). Add enough cold water to cover the eggs by 1 inch. Bring to a rapid boil over high heat. Remove from heat, cover, and let stand for 15 minutes; drain. Run cold water over the eggs or place them in ice water until cool enough to handle; drain. To peel eggs, gently tap each egg on the counter. Roll the egg between the palms of your hand. Peel off egg shell, beginning at the large end.

Poached Egg Salad

START TO FINISH 25 minutes MAKES 4 servings

- 8 eggs
- 2 tablespoons olive oil
- 2 cups seedless red grapes
- ⅔ cup thinly sliced leeks (2 medium)
- 2 tablespoons cider vinegar
- Salt
- Freshly ground black pepper
- 4 slices crusty country bread, toasted
- 1 10-ounce package Italian mixed salad greens (romaine and radicchio)
- ½ cup crumbled blue cheese (2 ounces)

1 Fill a 12-inch skillet half full with water. Bring water to boiling; reduce heat to simmering (bubbles should begin to break the surface of the water). Break one egg into a measuring cup. Holding the lip of the cup as close to the water as possible, carefully slip egg into simmering water. Repeat with the remaining eggs, allowing each egg an equal amount of space. Simmer, uncovered, for 3 to 5 minutes or until whites are completely set and yolks begin to thicken but are not hard.

2 Meanwhile, in a medium skillet heat oil over medium heat. Add grapes and leeks; cook about 4 minutes or just until leeks are tender and grape skins burst, stirring occasionally. Remove from heat. Stir in vinegar; sprinkle to taste with salt and pepper.

3 Divide toasted bread slices among dinner plates. Using a slotted spoon, remove eggs from skillet, letting the water drain away. Place two eggs on each bread slice. Serve with salad greens and grape mixture. Sprinkle with cheese.

NUTRITION FACTS PER SERVING:

428 cal., 22 g total fat (7 g sat. fat), 433 mg chol., 681 mg sodium, 39 g carb., 4 g dietary fiber, 21 g protein.

Tomato Egg Salad

START TO FINISH **25 minutes** MAKES **4 servings**

- **6 eggs**
- **6 roma tomatoes**
- **¾ cup chopped seedless cucumber**
- **⅓ cup mayonnaise**
- **¼ cup chopped red onion**
- **1 tablespoon Dijon-style mustard**
- **½ teaspoon salt**
- **½ teaspoon ground black pepper**
- **1 bunch watercress, trimmed**

1 Place eggs in a single layer in a large saucepan (do not stack eggs). Add enough cold water to cover the eggs by 1 inch. Bring to a rapid boil over high heat. Remove from heat, cover, and let stand for 15 minutes; drain. Run cold water over the eggs or place them in ice water until cool enough to handle; drain. Peel and chop eggs.

2 Meanwhile, halve tomatoes lengthwise and remove seeds. Set aside. In a medium bowl combine cucumber, mayonnaise, red onion, mustard, salt, and pepper. Fold in chopped eggs.

3 Divide watercress and tomato halves among dinner plates. Top with egg mixture, drizzling with any egg mixture remaining in bowl.

NUTRITION FACTS PER SERVING:
276 cal., 22 g total fat (5 g sat. fat), 324 mg chol., 610 mg sodium, 8 g carb., 2 g dietary fiber, 12 g protein.

Beefy Pasta Salad

START TO FINISH 30 minutes MAKES 4 servings

- 1 cup dried multigrain penne pasta
- 2 ears of corn, husks and silks removed
- Nonstick cooking spray
- 12 ounces boneless beef sirloin steak, trimmed and cut into thin bite-size strips, or 2 cups shredded cooked beef pot roast*
- 1 cup cherry tomatoes, halved
- ¼ cup shredded fresh basil
- 2 tablespoons finely shredded Parmesan cheese
- 3 tablespoons white wine vinegar
- 2 tablespoons olive oil
- 1 clove garlic, minced
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- Finely shredded Parmesan cheese (optional)

1 In a 4- to 6-quart Dutch oven cook pasta according to package directions, adding corn for the last 3 minutes of cooking. Using tongs, transfer corn to a cutting board; cool until easy to handle. Drain pasta. Rinse with cold water; drain well.

2 Meanwhile, coat a large nonstick skillet with cooking spray; heat skillet over medium-high heat. Add steak strips; cook and stir for 2 to 3 minutes or until slightly pink in center. (If using shredded cooked pot roast, cook until heated through.)

3 On cutting board, place an ear of corn pointed end down. While holding corn firmly at stem end to keep it in place, use a sharp knife to cut corn from cob, leaving corn in planks; rotate cob as needed to cut corn from all sides. Repeat with the remaining ear of corn.

4 In a large bowl combine pasta, steak strips, tomatoes, basil, and 2 tablespoons cheese. For dressing, in a screw-top jar combine vinegar, oil, garlic, salt, and pepper. Cover and shake well. Pour dressing over pasta mixture; toss gently to coat. Gently fold in corn planks.

5 Divide pasta mixture among salad bowls or dinner plates. If desired, sprinkle each serving with additional cheese.

NUTRITION FACTS PER SERVING:

322 cal., 12 g total fat (3 g sat. fat), 38 mg chol., 256 mg sodium, 27 g carb., 4 g dietary fiber, 26 g protein.

***tip**

If you have leftover beef pot roast, use it in this pasta salad. Simply shred the meat and use 2 cups of it in the salad.

Pork and Noodle Salad

START TO FINISH 25 minutes MAKES 4 servings

- 4 ounces dried Chinese egg noodles or fine egg noodles, broken in half
- 12 ounces fresh asparagus spears, trimmed and cut into 2-inch pieces, or one 10-ounce package frozen cut asparagus
- 8 ounces cooked lean boneless pork, cut into bite-size pieces
- 2 medium carrots, cut into thin bite-size strips
- 1 recipe Soy-Sesame Vinaigrette
- Sesame seeds (optional)
- Sliced green onions (optional)

1 Cook noodles according to package directions; drain. Rinse with cold water until cool; drain well.

2 Meanwhile, in a covered small saucepan cook fresh asparagus in a small amount of boiling, lightly salted water for 4 to 6 minutes or until crisp-tender; drain. (Or cook frozen asparagus according to package directions.) Rinse with cold water until cool; drain well.

3 In a large bowl combine noodles, asparagus, pork, and carrots. Shake Soy-Sesame Vinaigrette. Drizzle over noodle mixture; toss gently to coat. If desired, sprinkle with sesame seeds and green onions.

NUTRITION FACTS PER SERVING:
328 cal., 12 g total fat (3 g sat. fat), 76 mg chol., 974 mg sodium, 31 g carb., 2 g dietary fiber, 24 g protein.

Soy-Sesame Vinaigrette

In a screw-top jar combine ¼ cup reduced-sodium soy sauce, 2 tablespoons rice vinegar or vinegar, 1 tablespoon vegetable oil, 1 tablespoon honey, and 1 teaspoon toasted sesame oil. Cover and shake well.

tip

Find sesame oil in the Asian ingredients aisle of the supermarket.

Ravioli and Greens Salad

START TO FINISH 25 minutes MAKES 4 servings

- 1 9-ounce package refrigerated whole wheat 4-cheese ravioli
- 6 cups torn mixed salad greens
- 1 cup red sweet pepper strips (1 medium)
- 1 cup yellow and/or red tomato wedges
- ¼ cup shredded carrot
- ¼ cup snipped fresh basil, oregano, and/or dill
- ¼ cup white wine vinegar or white vinegar
- 2 tablespoons water
- 2 tablespoons olive oil
- 2 teaspoons sugar
- 2 cloves garlic, minced
- ¼ teaspoon ground black pepper

1 Cook ravioli according to package directions; drain. Rinse with cold water; drain well.

2 Divide salad greens among dinner plates. Top with cooked ravioli, sweet pepper, tomato, carrot, and herbs.

3 For dressing, in a screw-top jar combine vinegar, the water, oil, sugar, garlic, and black pepper. Cover and shake well. Drizzle dressing over salads.

NUTRITION FACTS PER SERVING:
302 cal., 14 g total fat (5 g sat. fat), 43 mg chol., 456 mg sodium, 33 g carb., 5 g dietary fiber, 11 g protein.

Money-Saving Tip

Use canned tomatoes rather than fresh, but make sure to rinse them well or get the no-salt-added kind to keep from adding any sodium to the salad.

Asian Chicken and Rice Salad

START TO FINISH **25 minutes** MAKES **4 to 6 servings**

- **1 6- to 7-ounce package rice pilaf mix**
- **2 cups shredded or chopped cooked chicken**
- **1 14-ounce can whole baby corn, drained**
- **½ cup chopped red sweet pepper (1 small)**
- **½ cup fresh snow pea pods, halved, or thinly sliced celery (1 stalk)**
- **¼ cup sliced green onions (2)**
- **½ cup bottled Asian salad dressing**
- **Toasted sesame seeds (optional)**

1 Cook rice mix according to package directions.

2 Meanwhile, in a large bowl combine chicken, corn, sweet pepper, pea pods, and green onions. Stir in cooked rice. Add dressing; stir gently to combine.

3 If desired, sprinkle salad with sesame seeds.

NUTRITION FACTS PER SERVING:
429 cal., 14 g total fat (3 g sat. fat), 62 mg chol., 1,057 mg sodium, 46 g carb., 5 g dietary fiber, 26 g protein.

Make-Ahead Directions Prepare salad as directed through Step 2. Cover and chill for up to 24 hours. If desired, sprinkle with sesame seeds before serving.

Kielbasa, Rice, and Bean Salad

START TO FINISH 20 minutes MAKES 6 servings

- 12 ounces cooked smoked Polish sausage (kielbasa) links, halved lengthwise and cut into ½-inch pieces
- 1 14.8-ounce pouch cooked long grain rice
- 3 cups fresh baby spinach
- 1 15-ounce can cannellini beans (white kidney beans), rinsed and drained
- 1 cup grape or cherry tomatoes, halved
- ½ cup chopped yellow sweet pepper (1 small)
- ⅓ cup chopped red onion (1 small)
- ½ cup bottled red wine vinaigrette salad dressing or Italian salad dressing with cheese

1 In a large skillet cook sausage over medium heat just until heated through, stirring occasionally. Meanwhile, heat rice in a microwave oven according to package directions.

2 In a large bowl combine spinach, beans, tomatoes, sweet pepper, and red onion. Stir in sausage and rice. Pour salad dressing over salad; toss gently to coat.

NUTRITION FACTS PER SERVING:
421 cal., 25 g total fat (8 g sat. fat), 25 mg chol., 904 mg sodium, 38 g carb., 5 g dietary fiber, 15 g protein.

Meatless

5

Fettuccine Alfredo with Veggies

START TO FINISH **30 minutes** MAKES **4 servings**

- **8 ounces dried fettuccine**
- **½ cup dried tomatoes (not oil-pack), snipped**
- **4 tablespoons butter**
- **1 tablespoon olive oil**
- **4 ounces asparagus spears, trimmed**
- **4 ounces Brussels sprouts, trimmed and quartered**
- **1½ cups broccoli florets**
- **8 fresh mushrooms, sliced**
- **2 tablespoons all-purpose flour**
- **1¼ cups milk**
- **½ cup finely shredded Parmesan cheese**
- **Milk (optional)**
- **2 teaspoons finely shredded lemon peel**
- **Finely shredded Parmesan cheese**

1 Cook pasta according to package directions, adding dried tomatoes for the last 2 minutes of cooking; drain. Return to saucepan; keep warm.

2 Meanwhile, in a large skillet heat 1 tablespoon of the butter and the olive oil over medium heat. Add asparagus, Brussels sprouts, broccoli, and mushrooms. Cook about 8 minutes or until vegetables are tender, stirring frequently. Remove vegetables from skillet; set aside.

3 In the same skillet heat the remaining 3 tablespoons butter over medium heat until melted. Stir in flour. Cook and stir for 1 minute. Stir in 1¼ cups milk. Cook and stir until thickened and bubbly. Stir in ½ cup Parmesan cheese. Gently stir in cooked pasta and vegetables. If necessary, stir in additional milk to reach desired consistency. Sprinkle with lemon peel and additional Parmesan cheese.

NUTRITION FACTS PER SERVING:
500 cal., 21 g total fat (11 g sat. fat), 46 mg chol., 491 mg sodium, 60 g carb., 5 g dietary fiber, 20 g protein.

Spinach and Bean Greek Pasta

START TO FINISH 30 minutes MAKES 6 servings

- 12 ounces dried cavatappi or farfalle pasta (bow ties)
- 1 15-ounce can Great Northern beans, rinsed and drained
- 1 5- to 6-ounce package fresh baby spinach
- 1 cup crumbled feta cheese (4 ounces)
- ¼ cup dried tomatoes (not oil-pack), snipped
- 2 green onions, chopped
- 2 cloves garlic, minced
- 1 teaspoon finely shredded lemon peel
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 tablespoon snipped fresh oregano
- 1 tablespoon snipped fresh lemon thyme or regular thyme
- ½ teaspoon kosher salt or sea salt
- ½ teaspoon freshly ground black pepper
- Shaved Parmesan or Pecorino Romano cheese

1 Cook pasta according to package directions; drain, reserving ¼ cup of the cooking water.

2 Meanwhile, in a large serving bowl combine beans, spinach, cheese, tomatoes, green onions, garlic, lemon peel, lemon juice, oil, oregano, thyme, salt, and pepper.

3 Toss pasta and the reserved cooking water with the spinach mixture. Serve warm or at room temperature. Top with shaved Parmesan cheese.

NUTRITION FACTS PER SERVING:
408 cal., 10 g total fat (4 g sat. fat), 19 mg chol., 487 mg sodium, 62 g carb., 6 g dietary fiber, 17 g protein.

tip

Cavatappi are sometimes called double macaroni. They look like corkscrew-shaped macaroni and often have small grooves on the outside. Most small pastas make good substitutes, including bow tie pasta or rotini.

Meatless

Noodle Bowls with Spinach and Tofu

START TO FINISH 20 minutes MAKES 6 servings

- Nonstick cooking spray
- 1 16-ounce package extra-firm or firm tofu (fresh bean curd), drained
- ⅔ cup hoisin sauce (7.25-ounce jar)
- 4 14-ounce cans chicken broth
- 1 tablespoon bottled minced roasted garlic
- 12 ounces dried udon noodles or linguine, broken
- 2 6-ounce packages fresh baby spinach

1 Preheat broiler. Lightly coat the unheated rack of a broiler pan with cooking spray. Cut tofu crosswise into six slices; pat dry with paper towels. Arrange tofu slices in a single layer on the prepared rack of the broiler pan; brush tops of tofu slices with 3 tablespoons of the hoisin sauce. Broil 4 to 6 inches from heat for 8 to 10 minutes or until hoisin is bubbly (do not turn slices).

2 Meanwhile, in a 4- to 6-quart Dutch oven combine broth, roasted garlic, and the remaining hoisin sauce. Bring to boiling. Add noodles and cook according to package directions, adding spinach for the last 2 minutes of cooking. Divide mixture among four large, deep soup bowls.

3 Cut tofu into cubes or strips. Top noodle mixture with tofu.

NUTRITION FACTS PER SERVING:
340 cal., 6 g total fat (1 g sat. fat), 3 mg chol., 1,573 mg sodium, 55 g carb., 4 g dietary fiber, 16 g protein.

Ramen Noodles with Mushrooms and Shallots

START TO FINISH 25 minutes MAKES 2 servings

- 1 3-ounce package ramen noodles (any flavor)
- 2 tablespoons butter or margarine
- 6 ounces assorted fresh mushrooms, stemmed if necessary, and sliced
- ¼ cup finely chopped shallots (2 medium)
- ¼ cup dry white wine or reduced-sodium chicken broth
- 2 tablespoons soy sauce

1 Cook noodles according to package directions (discard seasoning packet); drain and keep warm.

2 Meanwhile, in a large skillet heat butter over medium heat until melted. Add mushrooms and shallots; cook about 4 minutes or until tender. Remove from heat. Stir in wine and soy sauce. Return to heat. Cook, uncovered, about 5 minutes or until most of the liquid evaporates. Add cooked noodles; toss to coat.

NUTRITION FACTS PER SERVING:
375 cal., 22 g total fat (8 g sat. fat), 31 mg chol., 1,010 mg sodium, 33 g carb., 1 g dietary fiber, 10 g protein.

Broccoli Spaghetti

START TO FINISH 25 minutes MAKES 4 servings

- 6 ounces dried spaghetti
- 3 cups broccoli florets
- 1 15- to 19-ounce can cannellini beans (white kidney beans), rinsed and drained
- 1 10-ounce container refrigerated light Alfredo sauce
- 3 cloves garlic, minced
- ½ cup croutons, coarsely crushed
- ¼ teaspoon crushed red pepper
- Olive oil

1 Cook pasta according to package directions, adding broccoli for the last 3 to 4 minutes of cooking; drain, reserving ½ cup of the cooking water. Return pasta mixture to hot pan; keep warm.

2 Meanwhile, in a blender or food processor combine beans, Alfredo sauce, garlic, and the reserved cooking water. Cover and blend or process until nearly smooth. Transfer to a small saucepan; heat through over medium heat, stirring frequently.

3 Spoon sauce onto dinner plates. Top with pasta mixture, crushed croutons, and crushed red pepper; drizzle with oil.

NUTRITION FACTS PER SERVING:
402 cal., 12 g total fat (5 g sat. fat), 18 mg chol., 659 mg sodium, 60 g carb., 8 g dietary fiber, 19 g protein.

Meatless

Farfalle with Mushrooms and Spinach

START TO FINISH 20 minutes MAKES 2 servings

- 6 ounces dried farfalle pasta (bow ties)
- 1 tablespoon olive oil
- 1 cup sliced portobello or other fresh mushrooms
- ½ cup chopped onion (1 medium)
- 2 cloves garlic, minced
- 4 cups thinly sliced fresh spinach
- 1 teaspoon snipped fresh thyme
- ⅛ teaspoon ground black pepper
- 2 tablespoons shredded Parmesan cheese

1 In a large saucepan cook pasta according to package directions; drain.

2 Meanwhile, in a large skillet heat oil over medium heat. Add mushrooms, onion, and garlic. Cook for 2 to 3 minutes or until mushrooms are nearly tender. Stir in spinach, thyme, and pepper; cook about 1 minute more or until heated through and spinach is slightly wilted. Stir in cooked pasta; toss gently to mix. Sprinkle with cheese.

NUTRITION FACTS PER SERVING:
451 cal., 11 g total fat (2 g sat. fat), 4 mg chol., 131 mg sodium, 74 g carb., 5 g dietary fiber, 17 g protein.

Penne with Green Beans and Gorgonzola

START TO FINISH **30 minutes** MAKES **4 servings**

- **6 ounces dried penne or cut ziti pasta**
- **8 ounces fresh green beans, trimmed and bias-sliced into 1-inch pieces (about 1½ cups), or one 9-ounce package frozen cut green beans, thawed**
- **⅓ cup bottled Italian salad dressing**
- **1 tablespoon snipped fresh tarragon or ½ teaspoon dried tarragon, crushed**
- **¼ teaspoon ground black pepper**
- **1 cup shredded radicchio or red cabbage**
- **1 6-ounce package fresh baby spinach**
- **½ cup crumbled Gorgonzola cheese or blue cheese (2 ounces) or ¼ cup shaved Parmesan cheese (1 ounce)**

1 Cook pasta according to package directions, adding fresh green beans for the last 5 to 7 minutes of cooking (if using frozen beans, add for the last 3 to 4 minutes); drain. Rinse with cold water; drain again.

2 In a large bowl combine Italian dressing, tarragon, and pepper. Add cooked pasta mixture and radicchio; toss gently to coat. Line a serving platter with spinach. Spoon pasta mixture on top of spinach. Sprinkle with cheese.

NUTRITION FACTS PER SERVING:
294 cal., 10 g total fat (4 g sat. fat), 10 mg chol., 560 mg sodium, 40 g carb., 4 g dietary fiber, 12 g protein.

Meatless

Good and Healthy Macaroni and Cheese

START TO FINISH 30 minutes MAKES 5 servings

- 8 ounces dried multigrain elbow macaroni or penne pasta
- 1 cup chopped fresh or frozen mixed vegetables
- 1 12-ounce can evaporated fat-free milk
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 1¼ cups shredded reduced-fat cheddar cheese (5 ounces)
- 1 ounce American cheese, shredded
- Ground black pepper (optional)

1 Cook pasta according to package directions, adding the vegetables for the last 2 minutes of cooking; drain. Return pasta mixture to hot pan.

2 Meanwhile, in a medium saucepan whisk together milk, flour, salt, and ⅛ teaspoon pepper. Cook and stir over medium heat until thickened and bubbly. Add cheeses; cook and stir until melted.

3 Pour sauce over pasta mixture in pan; heat through. If desired, sprinkle with additional pepper.

NUTRITION FACTS PER SERVING:
344 cal., 9 g total fat (5 g sat. fat), 28 mg chol., 553 mg sodium, 46 g carb., 4 g dietary fiber, 23 g protein.

Ravioli with Tomatoes and Spinach

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 24- to 25-ounce package frozen cheese-filled ravioli**
- **4 large tomatoes, cut into thin wedges and seeded (about 4 cups)**
- **¾ cup small fresh basil leaves**
- **¼ cup capers, drained**
- **½ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **2 tablespoons butter or margarine**
- **6 cloves garlic, minced**
- **2 cups fresh baby spinach**
- **½ cup shredded Parmesan cheese (2 ounces)**

1 Cook pasta according to package directions; drain. Return pasta to hot pan; cover and keep warm.

2 Meanwhile, in a large bowl combine tomatoes, basil, capers, salt, and pepper; set aside.

3 For sauce, in a large skillet heat butter over medium heat until melted. Add garlic; cook for 30 seconds. Add tomato mixture; cook just until heated through. Remove from heat; gently stir in spinach.

4 To serve, place cooked pasta on a large serving platter. Spoon sauce over pasta. Sprinkle with Parmesan cheese.

NUTRITION FACTS PER SERVING:
480 cal., 18 g total fat (11 g sat. fat), 93 mg chol., 914 mg sodium, 57 g carb., 5 g dietary fiber, 22 g protein.

Ravioli and Zucchini Skillet

START TO FINISH 20 minutes MAKES 4 servings

- 1 **14.5-ounce can Italian-style stewed tomatoes, undrained**
- ½ **cup water**
- 2 **medium zucchini and/or yellow summer squash, halved lengthwise and cut into ½-inch pieces (about 2½ cups)**
- 1 **9-ounce package refrigerated whole wheat four-cheese ravioli**
- 1 **15-ounce can cannellini beans (white kidney beans) or navy beans, rinsed and drained**
- 2 **tablespoons finely shredded or grated Parmesan cheese**
- 2 **tablespoons snipped fresh basil or parsley**

1 In an extra-large skillet combine tomatoes and the water. Bring to boiling. Stir in zucchini and ravioli. Return to boiling; reduce heat. Boil gently, covered, for 6 to 7 minutes or until ravioli are tender, stirring gently once or twice.

2 Stir beans into ravioli mixture; heat through. Sprinkle with cheese and basil.

NUTRITION FACTS PER SERVING:
305 cal., 8 g total fat (4 g sat. fat), 44 mg chol., 986 mg sodium, 49 g carb., 11 g dietary fiber, 18 g protein.

Ravioli with Garden Vegetables

START TO FINISH 25 minutes MAKES 4 servings

- 1 **9-ounce package refrigerated cheese-filled ravioli or tortellini**
- 2 **teaspoons olive oil or vegetable oil**
- 2 **cloves garlic, minced**
- 1¼ **cups thinly sliced yellow summer squash (1 medium)**
- 1 **15-ounce can garbanzo beans (chickpeas), rinsed and drained**
- 4 **roma tomatoes, quartered**
- 2 **teaspoons snipped fresh thyme or ½ teaspoon dried thyme, crushed**
- ¼ **teaspoon ground black pepper**
- 4 **cups shredded fresh spinach**
- **Olive oil or vegetable oil (optional)**
- **Grated Parmesan cheese (optional)**

1 Cook ravioli according to package directions; drain.

2 Meanwhile, in a large skillet heat 2 teaspoons oil over medium-high heat. Add garlic; cook and stir for 30 seconds. Add squash, garbanzo beans, tomatoes, thyme, and pepper; cook and stir over medium-high heat for 4 to 5 minutes or until squash is crisp-tender and mixture is heated through.

3 Add ravioli to vegetable mixture; toss lightly. Arrange spinach on four dinner plates; top with ravioli mixture. If desired, drizzle with a little additional oil and/or sprinkle with Parmesan cheese.

NUTRITION FACTS PER SERVING:
304 cal., 7 g total fat (2 g sat. fat), 25 mg chol., 688 mg sodium, 48 g carb., 7 g dietary fiber, 15 g protein.

Stuffed Peppers

START TO FINISH 30 minutes MAKES 4 servings

- 4 large yellow, red, and/or green sweet peppers
- 3 tablespoons water
- 1 15-ounce can no-salt-added black beans, rinsed and drained
- 1 15-ounce can no-salt-added whole kernel corn, drained
- 1 14.5-ounce can diced tomatoes, undrained
- 1 8.8-ounce pouch cooked whole grain brown rice, heated according to package directions
- ½ cup salsa
- ½ teaspoon cumin or chili powder

1 Cut off the top of each sweet pepper; remove cores and stems, hollowing out the peppers. Arrange peppers in a microwave-safe 2-quart square baking dish. Pour the water around peppers.

2 Microwave peppers, uncovered, on 100 percent power (high) about 8 minutes or just until peppers are starting to soften.

3 Meanwhile, in a medium bowl stir together black beans, corn, tomatoes, rice, salsa, and cumin.

4 Divide bean mixture evenly among the peppers. Microwave, uncovered, on 100 percent power (high) about 4 minutes or until filling is heated through and peppers are tender.

NUTRITION FACTS PER SERVING:
362 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 327 mg sodium, 76 g carb., 12 g dietary fiber, 13 g protein.

Rice and Red Beans

START TO FINISH 25 minutes MAKES 8 servings

- 1 tablespoon olive oil or canola oil
- ½ cup chopped onion (1 medium)
- 1 14-ounce package instant brown rice (2 cups)
- 1 cup water
- 2 15-ounce cans kidney beans or black beans, rinsed and drained
- 2 14.5-ounce cans Italian-style stewed tomatoes, cut up
- ¼ teaspoon crushed red pepper (optional)
- 1 cup shredded Monterey Jack cheese or cheddar cheese (4 ounces)
- ¼ cup snipped fresh cilantro

1 In a large saucepan heat oil over medium heat. Add onion; cook until tender. Add rice and the water. Stir in beans, tomatoes, and, if desired, crushed red pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Remove from heat.

2 Stir in ½ cup of the cheese and the cilantro. Let stand, covered, for 5 minutes. Top with the remaining ½ cup cheese.

NUTRITION FACTS PER SERVING:
376 cal., 8 g total fat (3 g sat. fat), 13 mg chol., 479 mg sodium, 67 g carb., 10 g dietary fiber, 17 g protein.

Couscous and Squash

START TO FINISH **30 minutes** MAKES **4 servings**

- **2 limes**
- **⅓ cup olive oil**
- **½ teaspoon ground cumin**
- **½ teaspoon salt**
- **½ teaspoon ground black pepper**
- **2 small zucchini and/or yellow summer squash**
- **1 small head cauliflower, trimmed**
- **1 small red onion**
- **1½ cups water**
- **1 cup couscous**
- **½ cup shredded Parmesan cheese**
- **Snipped fresh parsley (optional)**

1 Finely shred enough peel from 1 of the limes to make 1 teaspoon shredded peel; set aside. Juice limes to make ¼ cup juice. In a small bowl whisk together the lime juice, oil, cumin, salt, and pepper.

2 Cut zucchini lengthwise into ½-inch slices. Cut cauliflower into six wedges. Cut red onion crosswise into ½-inch slices. Brush vegetable slices with some of the oil mixture.

3 For a charcoal grill, grill vegetable slices on the rack of an uncovered grill directly over medium coals until crisp-tender, carefully using a wide spatula to turn vegetables once. Allow 5 to 6 minutes for zucchini slices and 10 to 12 minutes for cauliflower and onion slices. (For a gas grill, preheat grill. Reduce heat to medium. Place vegetables on grill rack over heat. Cover and grill as above.) Remove vegetables from grill as they get done. Cut vegetables into 1- to 2-inch pieces.

4 Meanwhile, in a medium saucepan bring the water to boiling. Stir in couscous and the shredded lime peel. Remove from heat; cover and let stand for 5 minutes. Fluff with a fork.

5 To serve, drizzle vegetables and couscous with the remaining oil mixture. Top with some of the Parmesan cheese. If desired, sprinkle with parsley. Serve with the remaining Parmesan.

NUTRITION FACTS PER SERVING:
428 cal., 21 g total fat (4 g sat. fat), 7 mg chol., 505 mg sodium, 49 g carb., 7 g dietary fiber, 13 g protein.

Herbed Garden Couscous

START TO FINISH **30 minutes** MAKES **6 servings**

- **1 cup whole wheat couscous**
- **2 cups cherry tomatoes, halved**
- **1½ cups coarsely chopped cucumber (1 medium)**
- **¾ cup chopped green sweet pepper (1 medium)**
- **½ cup snipped fresh chives**
- **¼ cup snipped fresh Italian (flat-leaf) parsley**
- **¼ cup snipped fresh mint**
- **¼ cup snipped fresh oregano**
- **⅓ cup balsamic vinegar**
- **⅓ cup olive oil**
- **2 teaspoons sugar**
- **½ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **½ cup crumbled feta cheese (2 ounces)**
- **½ cup coarsely chopped walnuts, toasted**

1 Cook couscous according to package directions. Fluff with fork.

2 Meanwhile, in a large bowl combine tomatoes, cucumber, sweet pepper, chives, parsley, mint, and oregano. Fold in couscous.

3 In a small bowl whisk together vinegar, oil, sugar, salt, and black pepper. Pour over couscous mixture; toss to combine. To serve, top with feta cheese and walnuts.

NUTRITION FACTS PER SERVING:
392 cal., 12 g total fat (4 g sat. fat), 12 mg chol., 344 mg sodium, 42 g carb., 6 g dietary fiber, 10 g protein.

Quinoa Toss with Chickpeas and Herbs

START TO FINISH **30 minutes** MAKES **6 servings**

- **1 cup quinoa**
- **2 cups chicken broth or vegetable broth**
- **¼ cup olive oil**
- **2 tablespoons lemon juice**
- **½ teaspoon salt**
- **½ teaspoon ground black pepper**
- **1 15-ounce can garbanzo beans (chickpeas), rinsed and drained**
- **1 cup frozen corn, thawed**
- **½ cup crumbled feta cheese (2 ounces)**
- **¼ cup finely chopped sweet onion, such as Vidalia or Maui**
- **3 tablespoons snipped fresh basil**
- **2 tablespoons snipped fresh Italian (flat-leaf) parsley**
- **1 cup canned diced beets, drained**
- **Romaine leaves**

1 Rinse quinoa in a fine-mesh sieve under cold running water; drain. In a medium saucepan bring broth to boiling. Add quinoa. Return to boiling; reduce heat. Simmer, covered, about 15 minutes or until broth is absorbed. Remove from heat; set aside.

2 Meanwhile, for dressing, in a small bowl whisk together oil, lemon juice, salt, and pepper. In a large bowl combine cooked quinoa, garbanzo beans, corn, cheese, onion, basil, and parsley. Add dressing to quinoa mixture; toss to coat.

3 Stir in beets. Line salad bowls with lettuce; top with quinoa mixture.

NUTRITION FACTS PER SERVING:
349 cal., 14 g total fat (3 g sat. fat), 9 mg chol., 918 mg sodium, 46 g carb., 8 g dietary fiber, 12 g protein.

tip

15 minutes—and has a mild, nutty flavor and an al dente crunch. Look for it in the pasta and rice section or the health food area of major grocery stores.

Garbanzo Bean Salad with Grilled Pita

START TO FINISH **20 minutes** MAKES **4 servings**

- **2 15-ounce cans no-salt-added garbanzo beans (chickpeas) or regular garbanzo beans (chickpeas), rinsed and drained**
- **6 roma tomatoes, sliced**
- **1 cup crumbled feta cheese with tomato and basil (4 ounces)**
- **¼ cup lightly packed small fresh mint leaves**
- **⅓ cup white vinegar**
- **¼ cup olive oil**
- **1 tablespoon sugar**
- **½ teaspoon ground black pepper**
- **1 or 2 pita bread rounds**

1 In a large bowl combine beans, tomatoes, feta, and mint. In a screw-top jar combine vinegar, oil, sugar, and pepper; shake to combine. Pour over bean mixture; set aside.

2 Grill pita bread rounds on an indoor or outdoor grill over medium heat until warm and toasted. Transfer to a cutting board and cut into wedges. Serve salad with pita bread wedges.

NUTRITION FACTS PER SERVING:
454 cal., 22 g total fat, 21 mg chol., 878 mg sodium, 49 g carb., 10 g dietary fiber, 17 g protein.

Beets and Greens with Cheesy Baguette Bites

START TO FINISH **30 minutes** MAKES **4 servings**

- **6 small golden and/or red beets**
- **½ cup cider vinegar**
- **2 tablespoons sugar**
- **2 tablespoons water**
- **1 small baguette, diagonally sliced**
- **4 ounces semisoft cheese with garlic and herb**
- **¼ cup olive oil**
- **½ teaspoon salt**
- **½ teaspoon ground black pepper**
- **8 cups mixed salad greens**
- **⅓ cup dried cranberries**
- **Shelled roasted pumpkin seeds (optional)**

1 Preheat broiler. Place whole beets (greens trimmed) in a 1-quart microwave-safe casserole dish; add vinegar, sugar, and the water. Microwave, covered, on 100 percent power (high) for 9 to 12 minutes or until tender, stirring once. Trim stems and slip off skins. Slice beets; reserve cooking liquid.

2 While beets are in microwave, prepare toast. Spread baguette slices with cheese. Broil 4 inches from heat about 3 minutes or until cheese is melted and bread edges are toasted; set aside.

3 For dressing, add oil, salt, and pepper to reserved cooking liquid; whisk to combine. In a serving bowl combine beets, salad greens, and cranberries. Drizzle dressing over salad; toss to coat. Sprinkle with pumpkin seeds. Serve with toast.

NUTRITION FACTS PER SERVING:

581 cal., 24 g total fat (8 g sat. fat), 22 mg chol., 1,070 mg sodium, 74 g carb., 6 g dietary fiber, 19 g protein.

Apple-Brie Grilled Sandwiches

START TO FINISH **25 minutes** MAKES **4 servings**

- **1 tablespoon vegetable oil**
- **1 medium sweet onion, such as Vidalia or Maui, cut into thin wedges**
- **2 tablespoons apple jelly**
- **1 5-ounce package soft-style spreadable Brie cheese***
- **8 slices whole grain bread**
- **1 medium Granny Smith apple, cored and thinly sliced**
- **¼ cup butter, softened**

1 In a large skillet heat oil over medium heat. Add onion; cook about 5 minutes or until very tender and beginning to brown. Transfer onions to a small bowl; stir in apple jelly. If desired, snip onions into smaller pieces.

2 Spread Brie cheese on half of the bread slices. Top with apple slices and onion mixture. Top with the remaining bread slices.

3 Spread top slices of bread with half of the butter. In a very large skillet over medium heat place sandwiches, buttered sides down. Carefully spread unbuttered bread with the remaining butter. Cook for 4 to 6 minutes or until cheese melts and bread browns, turning once.

NUTRITION FACTS PER SERVING:
484 cal., 28 g total fat (14 g sat. fat), 66 mg chol., 529 mg sodium, 44 g carb., 9 g dietary fiber, 19 g protein.

*tip

bread slices; using a knife, carefully spread the Brie on the bread.

Meatless

Farmers' Market Grilled Cheese

START TO FINISH **30 minutes** MAKES **4 servings**

- **2 cups fresh baby spinach**
- **¼ cup mayonnaise or salad dressing**
- **1 teaspoon bottled minced garlic**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **8 ½-inch slices sourdough bread**
- **2 tablespoons olive oil**
- **½ of a 3.5- to 4-ounce package garlic-and-herb goat cheese, softened**
- **1 small zucchini, thinly sliced lengthwise**
- **1 tomato, sliced**

1 In a blender or food processor combine 1 cup of the spinach, the mayonnaise, garlic, salt, and pepper. Cover and blend or process until nearly smooth. Set aside.

2 Brush one side of each bread slice with oil; place bread, oiled sides down, on waxed paper. Spread goat cheese on half of the slices; layer zucchini, tomato, and the remaining 1 cup spinach on top. Spread some of the mayonnaise mixture on the remaining bread slices; place on top of the vegetables, spread sides down.

3 In a very large skillet cook sandwiches over medium-high heat for 6 to 8 minutes or until bread is golden, turning once. Pass any remaining mayonnaise mixture.

NUTRITION FACTS PER SERVING:
369 cal., 22 g total fat (6 g sat. fat), 15 mg chol., 636 mg sodium, 32 g carb., 3 g dietary fiber, 10 g protein.

Grilled Vegetables on Ciabatta

START TO FINISH **30 minutes** MAKES **6 to 8 servings**

- **3 tablespoons red wine vinegar**
- **2 tablespoons water**
- **1 tablespoon olive oil**
- **1 teaspoon dried oregano, crushed**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **3 large red and/or orange sweet peppers**
- **2 medium zucchini and/or yellow summer squash, halved crosswise and sliced lengthwise into ¼-inch slices**
- **1 16-ounce loaf ciabatta bread**
- **2 ounces soft goat cheese (chèvre)**
- **2 ounces reduced-fat cream cheese (Neufchâtel), softened**
- **Fresh oregano (optional)**

1 In a small bowl whisk together vinegar, the water, oil, dried oregano, salt, and black pepper; set aside. Cut sweet peppers into quarters. Remove stems, membranes, and seeds. Brush sweet pepper quarters and zucchini slices with some of the vinegar mixture.

2 For a charcoal grill, grill vegetables on the rack of an uncovered grill directly over medium coals until crisp-tender, turning once halfway through grilling and brushing often with the vinegar mixture. Allow 8 to 10 minutes for sweet peppers and 5 to 6 minutes for zucchini. Remove vegetables from grill. (For a gas grill, preheat grill. Reduce heat to medium. Place vegetables on grill rack. Cover and grill as above.) Cut peppers into strips.

3 Halve ciabatta lengthwise. Place ciabatta halves, cut sides down, directly over medium coals for 1 to 2 minutes or until bread is lightly toasted. In a small bowl combine goat cheese and cream cheese, stirring until smooth.

4 To assemble, spread goat cheese mixture over bottom half of the ciabatta. Top with sweet peppers and zucchini. Drizzle with any remaining vinegar mixture. Place the top half of the ciabatta over vegetables. Slice to serve. If desired, garnish with fresh oregano.

NUTRITION FACTS PER SERVING:
312 cal., 9 g total fat (4 g sat. fat), 12 mg chol., 621 mg sodium, 45 g carb., 5 g dietary fiber, 11 g protein.

Tomato-Avocado Grilled Cheese

START TO FINISH 25 minutes MAKES 4 sandwiches

- 1 **ripe avocado, halved, seeded, and peeled**
- 1 **tablespoon lemon juice**
- ½ **teaspoon ground cumin**
- ¼ **teaspoon salt**
- 2 **tablespoons snipped fresh Italian (flat-leaf) parsley**
- 8 **slices whole grain bread**
- 6 **ounces reduced-fat Monterey Jack cheese, sliced**
- 1 **large tomato, thinly sliced**
- 2 **tablespoons butter or margarine, softened**

1 In a small bowl use a fork to mash together avocado, lemon juice, cumin, and salt until smooth. Stir in parsley; set aside.

2 Top four of the bread slices with the cheese; spread with the avocado mixture and top with tomato slices. Top with the remaining bread slices. Spread top of the bread slices lightly with some of the butter.

3 Heat a large nonstick griddle or 12-inch skillet over medium-high heat. Carefully add sandwiches, buttered sides down. Very carefully spread tops with the remaining butter. Cook for 4 to 6 minutes or until golden, turning once.

NUTRITION FACTS PER SANDWICH:
417 cal., 23 g total fat (10 g sat. fat), 45 mg chol., 772 mg sodium, 37 g carb., 11 g dietary fiber, 22 g protein.

Veggie Grilled Cheese

START TO FINISH **20 minutes** MAKES **4 servings**

- **3 cups packed baby spinach leaves**
- **2 cups bottled pickled mixed vegetables (giardiniera), rinsed and well drained**
- **6 ounces fresh mozzarella cheese, chopped**
- **½ cup oil-pack dried tomatoes, snipped**
- **1 teaspoon bottled minced garlic**
- **½ teaspoon ground black pepper**
- **12 slices whole grain bread, toasted**

1 In a large microwave-safe bowl combine spinach, mixed vegetables, cheese, dried tomatoes, garlic, and pepper. Microwave, uncovered, on 100 percent power (high), about 2 minutes or just until the mixture is warm, the spinach is wilted, and the cheese is beginning to melt.

2 To assemble sandwiches, layer half of the cheese and vegetable mixture on four slices of the bread. Top with four more slices of the bread and the remaining cheese mixture. Place the remaining four bread slices on top. Cut each sandwich diagonally in half.

NUTRITION FACTS PER SERVING:
359 cal., 14 g total fat (7 g sat. fat), 30 mg chol., 782 mg sodium, 42 g carb., 7 g dietary fiber, 17 g protein.

Falafel Patty Melt

START TO FINISH 25 minutes OVEN 400°F MAKES 4 servings

- ½ cup frozen peas
- 1 16-ounce can garbanzo beans (chickpeas), rinsed and drained
- ½ cup shredded carrot (1 medium)
- 2 tablespoons all-purpose flour
- 2 tablespoons olive oil
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 4 flatbreads or pita bread rounds
- 8 slices dilled Havarti cheese (4 to 6 ounces total)
- Romaine leaves (optional)
- Sliced tomato (optional)

1 Preheat oven to 400°F. Place peas in 1-quart microwave-safe dish. Microwave, covered, on 100 percent power (high) for 2 minutes. In a food processor bowl combine garbanzo beans, carrot, flour, 1 tablespoon of the olive oil, the pepper, and salt. Cover and process until finely chopped and mixture holds together. Stir in peas. Using clean hands, shape mixture into eight patties.

2 In a large nonstick skillet heat the remaining 1 tablespoon oil over medium-high heat. Add patties. Cook for 4 to 6 minutes or until browned and heated through, turning once.

3 Meanwhile, place flatbreads on baking sheet. Place two slices of cheese on top of each flatbread. Bake about 5 minutes or until cheese is melted. Place two patties on each flatbread; fold over. Cut into halves. If desired, serve with romaine and tomato.

NUTRITION FACTS PER SERVING:
508 cal., 17 g total fat (7 g sat. fat), 21 mg chol., 1,006 mg sodium, 66 g carb., 8 g dietary fiber, 18 g protein.

Eggplant Muffaletta

START TO FINISH **30 minutes** OVEN **350°F** MAKES **6 to 8 servings**

- ½ **cup all-purpose flour**
- 1 **egg, lightly beaten**
- ½ **cup milk**
- ¾ **cup seasoned fine dry bread crumbs**
- ½ **of a small eggplant, cut lengthwise into ¼-inch slices**
- **Salt**
- **Freshly ground black pepper**
- ¼ **cup vegetable oil**
- 1 **boule (round Italian bread loaf) or focaccia, cut in half horizontally**
- 1 **recipe Olive Dressing**
- 1 **cup bottled roasted red sweet peppers, cut into strips**
- 4 **ounces smoked fresh mozzarella cheese or fresh mozzarella cheese, sliced**

1 Preheat oven to 350°F. Place flour in a shallow dish. In another shallow dish stir together egg and milk. Place bread crumbs in a third shallow dish. Sprinkle eggplant slices with salt and black pepper. Dip eggplant slices in flour, turning to coat. Dip in the egg-and-milk mixture, turning to coat. Dip in the bread crumbs, turning to coat.

2 In a very large skillet heat oil over medium-high heat. Add eggplant slices; cook about 3 minutes or until eggplant is golden, turning once. Drain on paper towels.

3 Place bread loaf halves on a large baking sheet, cut sides up. Generously brush cut sides of the bread with Olive Dressing. Top bottom half of the bread with fried eggplant and roasted red pepper strips. Top with cheese slices. Bake for 10 to 12 minutes or until cheese is bubbly. Add top half of bread over cheese; cut sandwich into wedges to serve.

NUTRITION FACTS PER SERVING:
544 cal., 30 g total fat (6 g sat. fat), 50 mg chol., 1,166 mg sodium, 54 g carb., 5 g dietary fiber, 14 g protein.

Olive Dressing

In a large bowl combine ¾ cup pitted and finely chopped kalamata olives, ½ cup chopped pimento-stuffed green olives, ¼ cup olive oil, ¼ cup snipped fresh parsley, 2 tablespoons finely chopped red onion, 1 tablespoon finely chopped capers, 2 teaspoons snipped fresh oregano, and 2 cloves garlic, minced. Mix well. Makes 1½ cups.

Eggplant Parmesan Heroes

START TO FINISH 30 minutes OVEN 400°F MAKES 4 servings

- Nonstick cooking spray
- 1 medium eggplant (about 1 pound)
- 1 cup seasoned croutons
- ⅓ cup shredded Parmesan cheese
- 1 cup marinara sauce
- 4 bratwurst buns, split
- Fresh basil leaves (optional)

1 Preheat oven to 400°F. Lightly coat a baking sheet with cooking spray. Peel eggplant, if desired; slice eggplant lengthwise into about ¼-inch slices.

2 Crush croutons; in a shallow dish combine croutons and ¼ cup of the cheese. Place marinara sauce in another shallow dish. Dip eggplant slices in marinara sauce, turning to coat. Dip into crouton mixture, turning and pressing lightly to coat. Place on prepared baking sheet. Lightly coat with cooking spray.

3 Bake about 15 minutes or until breading is browned and eggplant is tender. If desired, place buns, cut sides up, on a baking sheet. Remove eggplant from oven and bake or broil buns about 2 minutes or until toasted.

4 Meanwhile, in a small microwave-safe bowl microwave the remaining marinara sauce on 100 percent power (high) for 30 seconds.

5 Place eggplant slices on buns; top with the warmed sauce and the remaining cheese. If desired, garnish with fresh basil.

NUTRITION FACTS PER SERVING:
423 cal., 9 g total fat (3 g sat. fat), 7 mg chol., 1,011 mg sodium, 73 g carb., 9 g dietary fiber, 13 g protein.

Grilled Portobello Fajitas

START TO FINISH **30 minutes** MAKES **4 servings**

- **2 tablespoons olive oil**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **3 medium portobello mushrooms**
- **1 red or yellow sweet pepper, seeded and quartered**
- **8 6- to 7-inch flour tortillas (soft taco or fajita-size)**
- **2 medium avocados, halved, seeded, and peeled**
- **¼ cup light mayonnaise or salad dressing**
- **1 teaspoon chili powder**
- **Salt**
- **Ground black pepper**
- **Salsa verde (optional)**
- **Fresh cilantro sprigs (optional)**
- **Lime wedges (optional)**

1 In a small bowl combine oil, ¼ teaspoon salt, and ¼ teaspoon black pepper. Brush mushrooms and sweet pepper with the oil mixture. Stack tortillas and wrap in foil.

2 For a charcoal grill, place mushrooms, pepper quarters, and foil packet on the rack of an uncovered grill directly over medium coals. Grill for 8 to 10 minutes or until mushrooms and pepper quarters are tender, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place mushrooms, pepper quarters, and foil packet on grill rack over heat. Cover and grill as above.)

3 Slice mushrooms and sweet pepper into strips. In a medium bowl use a fork to mash one avocado; stir in mayonnaise and chili powder. Season to taste with additional salt and black pepper. Slice the remaining avocado. Layer mushrooms, sweet pepper, and sliced avocado on tortillas. Top with mayonnaise mixture. If desired, serve with salsa verde, cilantro, and lime wedges.

NUTRITION FACTS PER SERVING:
479 cal., 30 g total fat (3 g sat. fat), 5 mg chol., 401 mg sodium, 40 g carb., 7 g dietary fiber, 10 g protein.

Rice and Bean Tostadas

START TO FINISH **30 minutes** OVEN **350°F** MAKES **4 servings**

- **1 cup water**
- **1 cup quick-cooking brown rice**
- **½ cup chopped onion (1 medium)**
- **1 15-ounce can chili beans with chili gravy, undrained**
- **1 8.75-ounce can whole kernel corn, drained**
- **8 tostada shells**
- **3 cups shredded lettuce**
- **½ cup shredded cheddar cheese (2 ounces)**
- **1 cup quartered cherry tomatoes**
- **Salsa**

1 Preheat oven to 350°F. In a large saucepan bring the water to boiling. Stir in rice and onion. Return to boiling; reduce heat. Simmer, covered, for 5 minutes. Remove from heat; stir. Cover and let stand for 5 minutes. Stir chili beans and corn into rice mixture; heat through.

2 Meanwhile, place tostada shells on a baking sheet. Bake about 5 minutes or until heated through.

3 To assemble, place two of the tostada shells on each dinner plate. Top tostadas with shredded lettuce and the rice-bean mixture. Sprinkle with cheese; top with tomatoes and salsa.

NUTRITION FACTS PER SERVING:

417 cal., 14 g total fat (4 g sat. fat), 15 mg chol., 816 mg sodium, 63 g carb., 12 g dietary fiber, 15 g protein.

Two-Bean Burritos

START TO FINISH **30 minutes** MAKES **6 servings**

- 6 **10-inch spinach flour tortillas**
- 1 **15-ounce can black beans, rinsed and drained**
- 1 **8.75-ounce can whole kernel corn, rinsed and drained**
- 1 **medium mango, seeded, peeled, and chopped (1 cup)**
- ⅓ **cup chopped red sweet pepper**
- ¼ **cup snipped fresh cilantro**
- 2 **tablespoons lime juice**
- 1 **fresh jalapeño chile pepper, seeded and finely chopped***
- 2 **teaspoons olive oil or vegetable oil**
- ½ **cup chopped onion (1 medium)**
- 1 **16-ounce can vegetarian refried beans**
- ½ **cup salsa**

1 Preheat oven to 350°F. Wrap the tortillas in foil. Bake about 10 minutes or until warm.

2 Meanwhile, in a medium bowl combine half of the black beans, the corn, mango, sweet pepper, cilantro, lime juice, and chile pepper. Set aside.

3 In a large skillet heat oil over medium heat. Add onion. Cook about 5 minutes or until tender. Stir in the remaining black beans, the refried beans, and salsa; heat through.

4 Divide the refried bean mixture among the warm tortillas; roll up. Serve burritos with corn mixture.

NUTRITION FACTS PER SERVING:
503 cal., 9 g total fat (2 g sat. fat), 0 mg chol., 1,253 mg sodium, 88 g carb., 14 g dietary fiber, 19 g protein.

*tip

with soap and warm water.

Bean Burritos with Lime Mayonnaise

START TO FINISH 20 minutes MAKES 4 servings

- 4 9- to 10-inch flour tortillas
- 1 16-ounce can refried beans
- ¼ cup salsa
- ¼ cup mayonnaise or salad dressing
- ½ teaspoon finely shredded lime peel
- 1 tablespoon lime juice
- 2 cups shredded lettuce
- ½ cup cherry tomatoes, quartered
- 2 ounces Monterey Jack cheese with jalapeño chile peppers, shredded (½ cup)

1 Place tortillas between paper towels. Microwave on 100 percent power (high) for 20 to 30 seconds or until heated through.

2 Meanwhile, in a small saucepan combine refried beans and salsa. Cook over medium heat until heated through, stirring frequently.

3 In a medium bowl combine mayonnaise, lime peel, and lime juice. Add lettuce and tomatoes; toss to coat.

4 Spoon about ½ cup of the bean mixture onto each tortilla just below the center. Top each with 2 tablespoons of the cheese and about ⅓ cup of the lettuce mixture. Fold bottom edge of each tortilla up and over the filling. Fold opposite sides in and over filling. Roll up from the bottom.

NUTRITION FACTS PER SERVING:
414 cal., 19 g total fat (6 g sat. fat), 29 mg chol., 992 mg sodium, 47 g carb., 9 g dietary fiber, 15 g protein.

Greek Spinach Veggie Burgers

START TO FINISH **30 minutes** MAKES **4 servings**

- ¼ **cup olive oil**
- 1 **clove garlic, minced**
- 1 **teaspoon dried oregano, crushed**
- 1 **teaspoon dried dill**
- ¼ **teaspoon ground black pepper**
- 1 **cup herb-seasoned stuffing mix**
- 2 **eggs, lightly beaten**
- 1 **10-ounce package frozen chopped spinach, thawed and well drained**
- ½ **cup crumbled feta cheese (2 ounces)**
- 4 **whole wheat hamburger buns, split and toasted**
- **Assorted toppers, such as crumbled feta cheese, plain low-fat yogurt, sliced bottled roasted red sweet peppers, and/or sliced red onion (optional)**

1 In a medium bowl combine oil, garlic, oregano, dill, and black pepper. Add stuffing mix, stirring to coat well. Stir in eggs, spinach, and the ½ cup crumbled feta. Using clean hands, shape into four ½-inch patties.

2 Heat a griddle or large nonstick skillet over medium heat. Add patties. Cook for 6 to 8 minutes or until browned and heated through, turning once. Serve in buns with assorted toppers.

NUTRITION FACTS PER SERVING:
367 cal., 18 g total fat (4 g sat. fat), 13 mg chol., 732 mg sodium, 36 g carb., 4 g dietary fiber, 13 g protein.

Lemony Garbanzo Bean Sandwiches

START TO FINISH 20 minutes **MAKES** 4 sandwiches

- **1 15-ounce can no-salt-added garbanzo beans (chickpeas), rinsed and drained***
- **3 tablespoons snipped fresh parsley**
- **1 teaspoon finely shredded lemon peel**
- **2 tablespoons lemon juice**
- **1 tablespoon finely chopped red onion**
- **1 tablespoon olive oil**
- **1/8 teaspoon ground black pepper**
- **1/2 of a large cucumber, peeled, quartered, and sliced (about 1 cup)**
- **1/2 cup watercress or arugula**
- **1/3 cup bottled roasted red sweet pepper strips**
- **1 1-pound loaf focaccia bread, quartered**

1 In a medium bowl combine garbanzo beans, parsley, lemon peel, lemon juice, red onion, oil, and black pepper. Using a potato masher or fork, mash the garbanzo bean mixture until the beans are in coarse chunks. Add cucumber, watercress, and sweet pepper strips. Toss to combine.

2 Split each focaccia portion. Spoon garbanzo bean mixture onto bottom portions; add tops.

NUTRITION FACTS PER SANDWICH:
401 cal., 8 g total fat (0 g sat. fat), 10 mg chol., 472 mg sodium, 71 g carb., 5 g dietary fiber, 16 g protein.

***tip**

If desired, substitute 1 3/4 cups cooked dried garbanzo beans for the canned beans.

Grilled Artichoke Flatbreads

START TO FINISH **20 minutes** MAKES **4 servings**

- **4 whole wheat flatbreads (naan)**
- **3 tablespoons olive oil**
- **6 cups fresh spinach leaves**
- **6 ounces garlic-and-herb-flavor goat cheese, crumbled**
- **2 6-ounce jars marinated artichoke hearts, drained and cut up**
- **½ cup chopped tomato**
- **½ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **Pizza seasoning and/or snipped fresh herbs (optional)**

1 Brush both sides of each flatbread lightly with some of the oil. For a charcoal grill, grill the flatbreads on the rack of an uncovered grill directly over medium coals about 2 minutes or until golden. (For a gas grill, preheat grill. Reduce heat to medium. Add flatbreads to grill rack. Cover and grill as above.) Remove from heat.

2 Top the grilled side of each flatbread with spinach, cheese, artichoke hearts, and tomato. Sprinkle with salt and pepper. Grill about 2 minutes more or until bottoms are browned and toppings are heated through. If desired, sprinkle with pizza seasoning and/or fresh herbs.

NUTRITION FACTS PER SERVING:
720 cal., 43 g total fat (15 g sat. fat), 44 mg chol., 1,559 mg sodium, 65 g carb., 7 g dietary fiber, 21 g protein.

Focaccia Topped with Vegetables and Goat Cheese

START TO FINISH **30 minutes** MAKES **4 servings**

- **⅓ cup olive oil**
- **1 medium yellow summer squash, quartered lengthwise and sliced (about 1¼ cups)**
- **½ cup chopped carrot (1 medium)**
- **½ cup chopped green sweet pepper (1 small)**
- **½ cup chopped red sweet pepper (1 small)**
- **½ cup broccoli florets**
- **½ of a small red onion, sliced**
- **4 cloves garlic, minced**
- **⅔ cup chopped roma tomatoes (2 medium)**
- **12 pimiento-stuffed green olives, halved**
- **1 tablespoon olive liquid from jar**
- **4 6- to 7½-inch individual focaccia**
- **2 cups crumbled goat cheese (chèvre) (8 ounces)**
- **Sea salt**
- **Freshly ground black pepper**

1 Preheat broiler. In a 12-inch skillet heat 2 tablespoons of the oil over medium-high heat. Add squash, carrot, sweet peppers, broccoli, red onion, and garlic. Cook and stir for 3 minutes. Add tomatoes, olives, and olive liquid. Cook 2 minutes more or until vegetables are tender, stirring occasionally.

2 Lightly brush both sides of each focaccia with some of the remaining oil. Place on an extra-large baking sheet.* Broil about 4 inches from the heat for 2 to 4 minutes or until lightly browned, turning once halfway through broiling. Remove from broiler.

3 Using a slotted spoon, divide vegetable mixture among focaccia; sprinkle with cheese. Broil about 2 minutes more or until cheese is softened. Drizzle with any remaining oil and sprinkle with salt and black pepper.

NUTRITION FACTS PER SERVING:

611 cal., 40 g total fat (15 g sat. fat), 45 mg chol., 894 mg sodium, 45 g carb., 5 g dietary fiber, 20 g protein.

*tip

If necessary, divide [illegible] and broil in batches.

Tofu and Vegetable Stackups

START TO FINISH **30 minutes** MAKES **4 servings**

- **2 ears of corn, husks and silks removed**
- **2 12- to 16-ounce packages firm or extra-firm tofu (fresh bean curd), drained**
- **⅓ cup yellow cornmeal**
- **2 teaspoons chili powder**
- **½ teaspoon salt**
- **3 to 4 tablespoons olive oil**
- **1 medium red sweet pepper, seeded and sliced**
- **2 medium green tomatoes, sliced**
- **Lime wedges**
- **Fresh cilantro leaves (optional)**

1 In a covered large saucepan cook corn in a large amount of boiling salted water for 7 minutes; drain.

2 Meanwhile, slice each block of tofu horizontally into four slices. In a shallow dish combine cornmeal, chili powder, and salt; dip tofu slices into mixture, turning to coat.

3 In a 12-inch skillet heat 1 tablespoon of the oil over medium-high heat. Add tofu, in batches; cook for 4 to 6 minutes or until crisp and golden, turning once (add more of the oil as needed). Remove tofu from skillet. Add the remaining oil to the same skillet; cook sweet pepper and green tomatoes about 3 minutes or until tomatoes are heated through and lightly browned and peppers are crisp-tender, turning once.

4 On cutting board, place an ear of corn pointed end down. While holding corn firmly at stem end to keep it in place, use a sharp knife to cut corn from cob; rotate cob as needed to cut corn from all sides. Repeat with the remaining ear of corn. Place 1 slice of the tofu on each of four dinner plates. Top tofu with half of the corn and half of the pepper-tomato mixture. Repeat layers. Serve with lime wedges and, if desired, fresh cilantro.

NUTRITION FACTS PER SERVING:
306 cal., 16 g total fat (2 g sat. fat), 0 mg chol., 382 mg sodium, 28 g carb., 4 g dietary fiber, 15 g protein.

Meatless

Kale-Goat Cheese Frittata

START TO FINISH 30 minutes MAKES 6 servings

- 2 teaspoons olive oil
- 2 cups coarsely chopped fresh kale or spinach (about 4 ounces)
- 1 medium onion, halved and thinly sliced
- 6 eggs
- 4 egg whites
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- ¼ cup oil-pack dried tomatoes, drained and thinly sliced
- 1 ounce soft goat cheese (chèvre), crumbled (¼ cup)

1 Preheat broiler. In a large ovenproof nonstick skillet heat oil over medium heat. Add kale and onion. Cook and stir about 10 minutes or until onion is tender.

2 Meanwhile, in a medium bowl whisk together eggs, egg whites, salt, and pepper. Pour egg mixture over kale mixture in skillet. Cook over medium-low heat. As egg mixture sets, run a spatula around the edge of the skillet, lifting egg mixture so the uncooked portion flows underneath. Continue cooking and lifting edge until egg mixture is almost set but still glossy and moist.

3 Sprinkle egg mixture with dried tomatoes and goat cheese. Place skillet under the broiler, 4 to 5 inches from the heat. Broil for 1 to 2 minutes or until eggs are set. Cut into wedges to serve.

NUTRITION FACTS PER SERVING:
145 cal., 9 g total fat (3 g sat. fat), 216 mg chol., 242 mg sodium, 6 g carb., 1 g dietary fiber, 11 g protein.

tip

Kale is a super green packed with whopping amounts of health-boosting antioxidants and vitamins. Its leaves can be curly or flat, but whichever variety you choose, pick small leaves for the mildest flavor. Larger leaves provide a stronger, slightly bitter taste—which many people love. Store it in the refrigerator for no more than three days, otherwise the leaves will be unpleasantly strong. Use kale in egg dishes, soups, and stir-fries.

Two-Potato Frittata

START TO FINISH **30 minutes** OVEN **450°F/400°F** MAKES **4 servings**

- **2 small sweet potatoes, scrubbed and thinly sliced or chopped**
- **1 medium Yukon gold potato, chopped**
- **1 small red onion, cut into thin wedges or chopped**
- **2 tablespoons olive oil**
- **Salt**
- **8 eggs**
- **½ of a 5.2-ounce package semisoft cheese with garlic and roasted pepper**
- **Fresh oregano (optional)**

1 Preheat oven to 450°F. In a 13×9×2-inch rectangular baking pan combine potatoes and red onion. Toss with oil and sprinkle with salt. Roast, uncovered, for 15 minutes.

2 Meanwhile, in a medium bowl whisk together eggs, cheese, and a pinch salt until combined. Reduce oven temperature to 400°F. Pour egg mixture over vegetables; return to oven. Bake for 7 to 9 minutes more or until eggs are set.

3 Invert frittata onto a large cutting board; cut into wedges. Flip wedges topsides up and place on serving plates. Top with oregano, if desired.

NUTRITION FACTS PER SERVING:
344 cal., 25 g total fat (10 g sat. fat), 424 mg chol., 566 mg sodium, 17 g carb., 2 g dietary fiber, 15 g protein.

Veggie Frittata

START TO FINISH **30 minutes** MAKES **4 servings**

- **⅓ cup dried orzo pasta (rosamarina)**
- **2 tablespoons olive oil**
- **2 medium red, yellow, and/or orange sweet peppers, seeded and chopped**
- **8 eggs**
- **¼ cup milk**
- **½ cup chopped pitted ripe olives**
- **¼ cup snipped fresh basil**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **2 tablespoons shredded Parmesan cheese**

1 Preheat broiler. In a large saucepan cook pasta according to package directions; drain. Meanwhile, in a large ovenproof skillet heat oil over medium-high heat. Add sweet peppers; cook until tender. Stir in cooked pasta.

2 In a large bowl beat together eggs and milk. Stir in olives, basil, salt, and black pepper. Pour over vegetable mixture in skillet; cook over medium heat. As mixture sets, run a spatula around the skillet edge, lifting egg mixture so uncooked portion flows underneath. Continue cooking and lifting edges until egg mixture is almost set. Reduce heat as necessary to prevent overcooking.

3 Place skillet under the broiler, 4 to 5 inches from heat. Broil about 3 minutes or until top is set. Sprinkle with cheese. Cover and let stand for 5 minutes. Cut into wedges to serve.

NUTRITION FACTS PER SERVING:
319 cal., 20 g total fat (5 g sat. fat), 426 mg chol., 525 mg sodium, 17 g carb., 3 g dietary fiber, 17 g protein.

Pasta

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Stack-and-Steam Halibut with Angel Hair Pasta

START TO FINISH 30 minutes MAKES 4 servings

- 4 4- to 5-ounce fresh or frozen halibut fillets
- 4 coiled nests dried angel hair pasta (about 4 ounces)
- 5 cloves garlic
- 1 medium lemon
- 2 medium tomatoes, sliced
- 2 tablespoons snipped fresh Italian (flat-leaf) parsley (optional)
- Salt
- Ground black pepper
- 1 5- to 6-ounce package fresh baby spinach
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar

1 Thaw fish, if frozen. Fill a 12-inch skillet or a Dutch oven with a steamer basket insert half full with lightly salted water (steamer basket insert should not touch the water).* Bring water to boiling. Add pasta to boiling water. Cook, covered, for 4 minutes. Using a slotted spoon, transfer pasta to a large bowl; cover and keep warm.

2 Meanwhile, slice 4 cloves of the garlic; mince the remaining one clove of garlic. Set aside. Cut lemon in half; squeeze juice from one lemon half. Slice the remaining lemon half; set aside.

3 Rinse fish; pat dry with paper towels. In the steamer basket arrange fish, lemon slices, and tomatoes in single layers. Top with garlic slices; sprinkle with parsley (if using), salt, and pepper. Steam, covered, for 3 to 5 minutes or until fish flakes easily when tested with a fork. Top with spinach. Cook, covered, about 30 seconds more or just until spinach is wilted.

4 Divide pasta, fish, and spinach among dinner plates. Top fish with lemon and tomato slices.

5 For vinaigrette, in a screw-top jar combine minced garlic, lemon juice, oil, and vinegar. Cover and shake well. Drizzle each serving with vinaigrette.

NUTRITION FACTS PER SERVING:
388 cal., 17 g total fat (2 g sat. fat), 36 mg chol., 243 mg sodium, 31 g carb., 4 g dietary fiber, 29 g protein.

***tip**

If you do not have a pan with a steamer insert that will leave room to cook the pasta, cook the pasta in a separate pot.

Coconut-Chicken Pasta

START TO FINISH **25 minutes** MAKES **4 servings**

- **6 ounces dried angel hair pasta**
- **3 cups cooked chicken cut into strips**
- **1 14-ounce can unsweetened coconut milk**
- **⅓ cup thinly sliced green onions**
- **⅓ cup shredded carrot (1 small)**
- **2 teaspoons Thai seasoning**
- **½ cup chopped dry-roasted peanuts**
- **Snipped fresh Italian (flat-leaf) parsley (optional)**

1 In a Dutch oven cook pasta according to package directions; drain. Return pasta to hot Dutch oven.

2 Meanwhile, in a large skillet combine chicken, coconut milk, green onions, carrot, and Thai seasoning. Cook and stir over medium heat until heated through.

3 Pour hot chicken mixture over cooked pasta; toss gently to coat. Sprinkle each serving with peanuts and, if desired, parsley.

NUTRITION FACTS PER SERVING:
653 cal., 36 g total fat (20 g sat. fat), 93 mg chol., 287 mg sodium, 41 g carb., 3 g dietary fiber, 42 g protein.

Lime-Dressed Chicken and Pasta

START TO FINISH 25 minutes MAKES 4 servings

- 6 ounces dried angel hair pasta
- 3 ears of corn, husks and silks removed
- 4 skinless, boneless chicken breast halves (about 1 pound total)
- 1½ teaspoons chili powder
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup olive oil or vegetable oil
- 3 tablespoons lime juice or lemon juice
- 2 medium tomatoes, sliced
- Salt
- Freshly ground black pepper
- Snipped fresh parsley (optional)
- Lime halves (optional)

1 Cook pasta according to package directions, adding corn to the water with pasta; drain in a colander. Rinse pasta and corn under cold running water until cool; drain well. On cutting board, place an ear of corn pointed end down. While holding corn firmly at stem end to keep it in place, use a sharp knife to cut corn from cobs; rotate cob as needed to cut corn from all sides. Repeat with the remaining ears of corn.

2 Meanwhile, sprinkle chicken with 1 teaspoon of the chili powder, the ¼ teaspoon salt, and ¼ teaspoon pepper. In a large skillet heat 1 tablespoon of the oil over medium heat. Add chicken; cook for 8 to 10 minutes or until chicken is no longer pink (170°F), turning once.

3 For dressing, in a screw-top jar combine the remaining ½ teaspoon chili powder, the remaining 3 tablespoons oil, and lime juice. Cover and shake well.

4 Divide cooked pasta, corn, and tomatoes among dinner plates. Arrange chicken on top; drizzle with dressing. Lightly sprinkle with additional salt and pepper. If desired, garnish with parsley and serve with lime halves.

NUTRITION FACTS PER SERVING:
515 cal., 17 g total fat (3 g sat. fat), 66 mg chol., 226 mg sodium, 58 g carb., 5 g dietary fiber, 36 g protein.

Sautéed Chicken with Pasta

START TO FINISH **30 minutes** MAKES **4 servings**

- **8 ounces dried angel hair pasta**
- **½ teaspoon salt**
- **½ teaspoon dried thyme, crushed**
- **¼ teaspoon ground black pepper**
- **2 skinless, boneless chicken breast halves (about 12 ounces total), halved horizontally**
- **2 tablespoons olive oil**
- **3 cups sliced fresh mushrooms (8 ounces)**
- **1 small red onion, halved and sliced**
- **3 cloves garlic, minced**
- **1½ cups reduced-sodium chicken broth**
- **1 tablespoon all-purpose flour**
- **1 teaspoon Dijon-style mustard**
- **4 roma tomatoes, cut into thin wedges**
- **¼ cup snipped fresh Italian (flat-leaf) parsley**

1 Cook pasta according to package directions; drain. Return pasta to hot pan; cover and keep warm.

2 Meanwhile, in a small bowl combine ¼ teaspoon of the salt, the thyme, and pepper. Sprinkle thyme mixture on both sides of chicken. In a 12-inch skillet heat 1 tablespoon of the oil over medium-high heat. Add chicken; reduce heat to medium. Cook about 6 minutes or until chicken is no longer pink, turning once. Remove from skillet; cover and keep warm.

3 Add the remaining 1 tablespoon oil to skillet. Add mushrooms, red onion, and garlic. Cook about 5 minutes or until onion is tender, stirring occasionally. In a medium bowl whisk together broth, flour, mustard, and the remaining ¼ teaspoon salt. Add to mushroom mixture in skillet, Cook and stir until slightly thickened and bubbly. Stir in tomatoes and parsley; heat through.

4 Divide cooked pasta among dinner plates. Top with chicken and mushroom mixture.

NUTRITION FACTS PER SERVING:
426 cal., 9 g total fat (2 g sat. fat), 49 mg chol., 604 mg sodium, 53 g carb., 4 g dietary fiber, 31 g protein.

Pasta

Shrimp and Mushroom Pasta

START TO FINISH 30 minutes MAKES 4 servings

- 9 ounces fresh or frozen peeled and deveined medium shrimp*
- 8 ounces dried whole grain angel hair pasta or spaghetti
- 1 tablespoon olive oil
- 3 cups chopped fresh stemmed shiitake mushrooms (8 ounces)
- 3 cups sliced fresh cremini or button mushrooms (8 ounces)
- 2 cloves garlic, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 2 teaspoons snipped fresh oregano
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- Fresh oregano sprigs or snipped fresh parsley

1 Thaw shrimp, if frozen. Cook pasta according to package directions; drain. Return pasta to hot pan; cover and keep warm.

2 Meanwhile, rinse shrimp; pat dry with paper towels. Set aside. In a 12-inch nonstick skillet heat oil over medium-high heat. Add mushrooms and garlic; cook for 4 minutes.

3 Stir in tomatoes, snipped oregano, salt, and pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 5 to 10 minutes or until mixture is thickened. Stir in shrimp. Simmer, covered, for 2 to 3 minutes more or until shrimp are opaque.

4 Serve shrimp mixture over cooked pasta. Garnish with oregano sprigs.

NUTRITION FACTS PER SERVING:
371 cal., 6 g total fat (1 g sat. fat), 129 mg chol., 343 mg sodium, 49 g carb., 7 g dietary fiber, 31 g protein.

*tip

For a more dramatic presentation, use shrimp with the tails left on. Start with 12 ounces shrimp; peel and devein shrimp, leaving tails intact.

Vermicelli with Sausage and Spinach

START TO FINISH **25 minutes** MAKES **4 to 6 servings**

- **2 teaspoons olive oil**
- **1 pound cooked smoked sausage links, halved lengthwise and cut into ½-inch pieces**
- **¾ cup chopped onion**
- **2 large cloves garlic, minced**
- **2 14-ounce cans reduced-sodium chicken broth**
- **¼ cup water**
- **8 ounces dried vermicelli or angel hair pasta, broken in half**
- **1 9-ounce package fresh baby spinach**
- **¼ teaspoon ground black pepper**
- **⅓ cup whipping cream**

1 In a Dutch oven heat oil over medium heat. Add sausage, onion, and garlic. Cook until sausage is light brown and onion is tender, stirring occasionally.

2 Add broth and the water; bring to boiling. Stir in pasta; cook for 3 minutes, stirring frequently. Stir in spinach and pepper; cook about 1 minute more or just until spinach is wilted. Stir in cream.

NUTRITION FACTS PER SERVING:
782 cal., 47 g total fat (18 g sat. fat), 104 mg chol., 2,556 mg sodium, 52 g carb., 4 g dietary fiber, 38 g protein.

Summer Pasta Your Way

START TO FINISH 25 minutes MAKES 4 servings

- 10 ounces dried spinach or whole grain spaghetti
- 1 tablespoon olive oil
- 2 tablespoons sliced green onion (1)
- 1½ cups assorted summer vegetables, such as halved sugar snap peas, chopped eggplant, quartered and sliced zucchini or yellow summer squash, sliced mushrooms, chopped sweet pepper, cooked lima beans, sliced asparagus, and/or sliced carrot
- ¼ cup snipped oil-pack dried tomato
- 2 cups assorted cherry tomatoes, halved, or seeded and chopped tomatoes
- ½ cup dry white wine, chicken broth, or vegetable broth
- ¼ cup pitted kalamata olives, sliced (optional)
- Salt
- Ground black pepper
- ½ cup crumbled garlic-and-herb or plain feta cheese, crumbled goat cheese (chèvre), or chopped smoked Gouda cheese (2 ounces) or ¼ cup shredded Parmigiano-Reggiano cheese (1 ounce)
- 2 tablespoons snipped fresh basil

1 In a Dutch oven cook spaghetti according to package directions; drain. Return spaghetti to hot Dutch oven; cover and keep warm.

2 Meanwhile, in a large skillet heat oil over medium heat. Add green onion. Cook about 30 seconds. Stir in assorted vegetables and dried tomato. Cook, covered, for 5 minutes, stirring once. Stir in fresh tomatoes, wine, and, if desired, olives; cook for 30 seconds more.

3 Add vegetable mixture to cooked spaghetti; toss gently to combine. Season to taste with salt and pepper. Sprinkle each serving with cheese and basil.

NUTRITION FACTS PER SERVING:
399 cal., 9 g total fat (3 g sat. fat), 13 mg chol., 356 mg sodium, 62 g carb., 10 g dietary fiber, 14 g protein.

Take advantage of the flexibility of this summer-fresh pasta to create several dishes. Use the pasta of your choice, vary the vegetables depending on what's in season, and use your favorite cheese. You can vary the seasoning as well (add 1 tablespoon thyme, sage, or rosemary and a clove or two of garlic along with the onion instead of basil or replace the basil at the end with Italian parsley or cilantro).

Pasta Puttanesca

START TO FINISH **30 minutes** MAKES **4 servings**

- **6 ounces dried thin spaghetti**
- **2 tablespoons olive oil**
- **1 clove garlic, thinly sliced**
- **2 cups peeled and chopped roma tomatoes (6 medium)**
- **½ cup coarsely chopped, pitted kalamata or ripe olives**
- **4 to 5 anchovy fillets, chopped**
- **1 teaspoon drained capers, chopped**
- **½ teaspoon ground black pepper**
- **¼ to ½ teaspoon crushed red pepper**
- **¼ cup snipped fresh Italian (flat-leaf) parsley**

1 Cook spaghetti according to package directions; drain. Return spaghetti to hot pan; cover and keep warm.

2 Meanwhile, for sauce, in a large skillet heat oil over medium heat. Add garlic. Cook and stir for 30 seconds. Stir in tomatoes, olives, anchovies, capers, black pepper, and crushed red pepper.

3 Bring just to boiling; reduce heat. Simmer, uncovered, for 5 to 7 minutes or until slightly thickened, stirring occasionally.

4 Serve sauce over cooked spaghetti. Sprinkle with parsley.

NUTRITION FACTS PER SERVING:
265 cal., 10 g total fat (1 g sat. fat), 3 mg chol., 323 mg sodium, 37 g carb., 3 g dietary fiber, 8 g protein.

Winter Garden Pasta

START TO FINISH 30 minutes MAKES 6 servings

- 8 ounces dried whole grain spaghetti
- 3 cups broccoli florets
- 1 15-ounce can cannellini beans (white kidney beans), rinsed and drained
- 1 14.5-ounce can no-salt-added diced tomatoes, drained
- 2 tablespoons no-salt-added tomato paste
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons snipped fresh Italian (flat-leaf) parsley
- ¼ cup grated Parmesan cheese

1 In a Dutch oven cook spaghetti according to package directions, adding broccoli for the last 3 minutes of cooking; drain. Return spaghetti mixture to hot Dutch oven.

2 Stir beans, tomatoes, tomato paste, garlic, salt, and pepper into spaghetti mixture; heat through. Stir in parsley. Sprinkle each serving with cheese.

NUTRITION FACTS PER SERVING:
221 cal., 2 g total fat (1 g sat. fat), 2 mg chol., 313 mg sodium, 46 g carb., 9 g dietary fiber, 13 g protein.

Four-Cheese Linguine with Prosciutto

START TO FINISH **30 minutes** MAKES **8 servings**

- **1¼ pounds dried linguine**
- **1 cup shredded Emmentaler or Swiss cheese (4 ounces)**
- **1 cup shredded fontina cheese (4 ounces)**
- **1 cup crumbled Gorgonzola or other blue cheese (4 ounces)**
- **¾ cup finely shredded Parmesan cheese (3 ounces)**
- **2 tablespoons all-purpose flour**
- **2 cups whipping cream**
- **8 ounces thinly sliced prosciutto, coarsely chopped**
- **Milk (optional)**
- **Freshly ground black pepper**

1 In a Dutch oven cook linguine according to package directions; drain. Return linguine to hot Dutch oven.

2 Meanwhile, for sauce, in a large saucepan combine Emmentaler cheese, fontina cheese, Gorgonzola cheese, and Parmesan cheese. Sprinkle with flour; toss gently to coat. Stir in cream and prosciutto. Cook and stir over medium heat just until mixture comes to boiling.

3 Pour sauce over cooked linguine; stir gently to coat. If desired, thin with a little milk. Sprinkle each serving with pepper.

NUTRITION FACTS PER SERVING:
768 cal., 46 g total fat (24 g sat. fat), 133 mg chol., 1,023 mg sodium, 58 g carb., 2 g dietary fiber, 32 g protein.

Chicken and Sweet Pepper Linguine Alfredo

START TO FINISH 25 minutes MAKES 4 servings

- 1 **9-ounce package refrigerated whole wheat linguine**
- **Nonstick cooking spray**
- 1 **cup red sweet pepper strips (1 medium)**
- 2 **medium zucchini and/or yellow summer squash, halved lengthwise and sliced (about 2½ cups)**
- 8 **ounces packaged chicken stir-fry strips***
- 1 **10-ounce container refrigerated light Alfredo pasta sauce**
- ⅓ **cup finely shredded Parmesan, Romano, or Asiago cheese (optional)**
- 2 **teaspoons snipped fresh thyme**
- ⅛ **teaspoon freshly ground black pepper**

1 Using kitchen scissors, cut linguine in half. In a Dutch oven cook linguine according to package directions; drain. Return linguine to hot Dutch oven; cover and keep warm.

2 Meanwhile, coat a large skillet with cooking spray; heat skillet over medium-high heat. Add sweet pepper; cook and stir for 2 minutes. Add squash; cook and stir for 2 to 3 minutes more or until vegetables are crisp-tender. Remove from skillet.

3 Add chicken to skillet. Cook and stir for 3 to 4 minutes or until chicken is no longer pink. Return vegetables to skillet. Stir in pasta sauce; heat through.

4 Add chicken mixture, cheese, if desired, and thyme to cooked linguine; toss gently to combine. Sprinkle each serving with black pepper.

NUTRITION FACTS PER SERVING:
371 cal., 11 g total fat (5 g sat. fat), 66 mg chol., 461 mg sodium, 43 g carb., 7 g dietary fiber, 26 g protein.

***tip**

If you prefer, cut skinless, boneless chicken breast halves into bite-size strips.

Shrimp and Pasta Diavolo

START TO FINISH **25 minutes** MAKES **4 servings**

- **9 ounces fresh or frozen peeled and deveined medium shrimp***
- **1 9-ounce package refrigerated linguine**
- **2 tablespoons olive oil**
- **1 medium onion, cut into thin wedges**
- **3 cloves garlic, minced**
- **¼ teaspoon crushed red pepper**
- **1 14.5-ounce can diced tomatoes, undrained**
- **2 cups fresh baby spinach**
- **½ cup torn fresh basil**
- **½ cup finely shredded Parmesan cheese (2 ounces)**
- **Fresh basil leaves**

1 Thaw shrimp, if frozen. In a Dutch oven cook linguine according to package directions; drain. Return linguine to hot Dutch oven; cover and keep warm.

2 Meanwhile, rinse shrimp; pat dry with paper towels. Set aside. In a large skillet heat oil over medium heat. Add onion, garlic, and crushed red pepper. Cook until onion is tender, stirring occasionally.

3 Stir in tomatoes. Bring to boiling; reduce heat. Simmer, uncovered, for 3 minutes. Stir in shrimp. Simmer, covered, for 2 to 3 minutes or until shrimp are opaque.

4 Add shrimp mixture, spinach, and torn basil to cooked pasta; toss gently to combine. Sprinkle each serving with cheese and garnish with basil leaves.

NUTRITION FACTS PER SERVING:
412 cal., 13 g total fat (4 g sat. fat), 204 mg chol., 528 mg sodium, 44 g carb., 4 g dietary fiber, 30 g protein.

***tip**

For a more dramatic presentation, use shrimp with the tails left on. Start with 12 ounces shrimp; peel and devein shrimp, leaving tails intact.

Linguine with Shrimp and Pine Nuts

START TO FINISH 30 minutes MAKES 4 servings

- 9 ounces fresh or frozen peeled and deveined medium shrimp*
- 8 ounces dried linguine
- ¾ cup chicken broth
- ⅓ cup dry sherry or chicken broth
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- ¼ teaspoon crushed red pepper
- 1 tablespoon olive oil
- ¼ cup pine nuts
- 2 cloves garlic, minced
- 1½ cups sliced assorted fresh mushrooms, such as button, cremini, and/or stemmed shiitake (4 ounces)
- 1 tablespoon butter
- 4 cups fresh baby spinach
- ¼ cup freshly grated Asiago cheese (1 ounce)
- Pine nuts, toasted (optional)

1 Thaw shrimp, if frozen. Cook linguine according to package directions; drain. Return linguine to hot pan; cover and keep warm.

2 Meanwhile, in a small bowl combine broth, sherry, lemon juice, salt, and crushed red pepper; set aside.

3 Rinse shrimp; pat dry with paper towels. In a large skillet heat oil over medium heat. Add shrimp, ¼ cup pine nuts, and garlic. Cook for 2 to 3 minutes or until shrimp are opaque, stirring frequently. Remove shrimp mixture from skillet.

4 Add mushrooms and butter to skillet. Cook about 3 minutes or until mushrooms are nearly tender, stirring occasionally. Carefully add broth mixture. Bring to boiling; reduce heat. Boil gently, uncovered, for 5 minutes. Return shrimp mixture to skillet; heat through.

5 Divide cooked linguine among shallow bowls. Top with shrimp mixture, spinach, cheese, and, if desired, additional pine nuts.

NUTRITION FACTS PER SERVING:
492 cal., 17 g total fat (5 g sat. fat), 145 mg chol., 577 mg sodium, 50 g carb., 2 g dietary fiber, 31 g protein.

***tip**

For a more dramatic presentation, use shrimp with the tails left on. Start with 12 ounces shrimp; peel and devein shrimp, leaving tails intact.

Salmon and Mozzarella Fettuccine

START TO FINISH **30 minutes** MAKES **6 to 8 servings**

- **1¼ pounds fresh or frozen skinless salmon fillets**
- **12 to 16 ounces dried fettuccine**
- **Salt**
- **3 tablespoons olive oil**
- **4 cloves garlic, minced**
- **3 cups chopped roma tomatoes (6 medium)**
- **1 cup sliced green onions (8)**
- **⅔ cup sliced pitted ripe olives or kalamata olives**
- **⅓ cup snipped fresh basil**
- **¼ cup dry white wine**
- **½ teaspoon coarse ground black pepper**
- **8 ounces fresh mozzarella cheese, coarsely chopped**
- **Snipped fresh basil (optional)**

1 Thaw fish, if frozen. In a Dutch oven cook fettuccine according to package directions; drain. Return fettuccine to hot Dutch oven; cover and keep warm.

2 Meanwhile, rinse fish; pat dry with paper towels. Cut fish into 1-inch pieces. Lightly sprinkle fish with salt.

3 In a skillet heat 1 tablespoon of the oil over medium-high heat. Add garlic; cook and stir for 15 seconds. Add fish. Cook for 4 to 6 minutes or until fish flakes easily when tested with a fork, turning pieces occasionally. Stir in tomatoes, green onions, olives, ⅓ cup basil, wine, and pepper; heat through.

4 Add fish mixture, the remaining 2 tablespoons oil, and cheese to cooked pasta; toss gently to combine. If desired, sprinkle each serving with additional basil.

NUTRITION FACTS PER SERVING:
624 cal., 30 g total fat (10 g sat. fat), 79 mg chol., 408 mg sodium, 49 g carb., 4 g dietary fiber, 35 g protein.

Pasta

Chicken and Fettuccine with Artichokes

START TO FINISH 30 minutes MAKES 4 servings

- 8 ounces dried fettuccine or linguine
- 2 tablespoons olive oil
- 12 ounces skinless, boneless chicken breast halves
- ¼ cup butter
- 3 cloves garlic, minced
- 1 9-ounce package frozen artichoke hearts, thawed and halved lengthwise
- ¾ cup dry white wine
- ¼ cup coarsely chopped pistachio nuts
- ¼ teaspoon salt
- 2 tablespoons snipped fresh Italian (flat-leaf) parsley
- Chopped pistachio nuts (optional)
- Cracked black pepper

1 Cook fettuccine according to package directions; drain. Return fettuccine to hot pan; cover and keep warm.

2 Meanwhile, in a 12-inch skillet heat oil over medium heat. Add chicken. Cook for 8 to 12 minutes or until chicken is no longer pink (170°F), turning once. Remove chicken from skillet; discard pan drippings.

3 In the same skillet heat butter over medium heat. Add garlic; cook and stir for 15 seconds. Stir in artichokes, wine, ¼ cup pistachio nuts, and salt. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Return chicken to skillet; cook for 1 to 2 minutes or until heated through. Transfer chicken to a cutting board; cut diagonally into 1-inch slices.

4 Arrange cooked fettuccine on a large serving platter or dinner plates. Arrange chicken on top of fettucine. Spoon artichoke mixture over chicken and fettuccine. Sprinkle with parsley, and if desired, additional pistachio nuts. Sprinkle with pepper.

NUTRITION FACTS PER SERVING:
583 cal., 25 g total fat (8 g sat. fat), 82 mg chol., 325 mg sodium, 51 g carb., 6 g dietary fiber, 31 g protein.

Fettuccine with Chicken and Cherry Tomatoes

START TO FINISH **20 minutes** MAKES **4 servings**

- **1 6- to 9-ounce package refrigerated or frozen cooked Italian or grilled chicken breast strips**
- **1 9-ounce package refrigerated fettuccine**
- **½ cup shredded Parmesan cheese (2 ounces)**
- **2 tablespoons olive oil**
- **2 cups cherry tomatoes, halved**
- **½ cup pitted ripe olives, halved**
- **Salt**
- **Freshly ground black pepper**

1 Thaw chicken, if frozen. Using kitchen scissors, cut fettuccine into thirds. In a Dutch oven cook fettuccine according to package directions; drain. Return fettuccine to hot Dutch oven.

2 Add chicken, cheese, and oil to cooked fettuccine; toss gently to combine. Cook over low heat until heated through. Remove from heat. Add tomatoes and olives; toss gently to combine. Season to taste with salt and pepper.

NUTRITION FACTS PER SERVING:
371 cal., 15 g total fat (4 g sat. fat), 76 mg chol., 866 mg sodium, 39 g carb., 3 g dietary fiber, 22 g protein.

Pasta

Bacon and Tomato Fettuccine

START TO FINISH **30 minutes** MAKES **6 servings**

- ¾ **cup butter, cut up and softened**
- **1 pound dried fettuccine**
- 1½ **cups finely shredded Parmigiano-Reggiano cheese (6 ounces)**
- ⅓ **cup seeded and chopped roma tomato (1 medium; optional)**
- ¼ **cup small fresh basil leaves (optional)**
- **2 slices bacon, crisp-cooked, drained, and crumbled (optional)**
- **Finely shredded Parmigiano-Reggiano cheese (optional)**
- **Freshly ground black pepper**

1 Place half of the butter in a large bowl; set aside.

2 Cook fettuccine according to package directions. Remove ½ cup of the cooking water; set aside. Drain pasta lightly, leaving some cooking water with the pasta.

3 Add cooked pasta to butter in bowl; toss vigorously to coat. Add the remaining butter and 1½ cups cheese; toss to combine, adding enough of the reserved ½ cup cooking water to reach a creamy consistency. If desired, top with tomato, basil, and bacon.

4 If desired, sprinkle each serving with additional cheese. Sprinkle with pepper.

NUTRITION FACTS PER SERVING:
613 cal., 33 g total fat (20 g sat. fat), 83 mg chol., 685 mg sodium, 58 g carb., 3 g dietary fiber, 21 g protein.

Chicken and Pasta Primavera

START TO FINISH **30 minutes** MAKES **6 servings**

- **1 9-ounce package refrigerated plain or spinach fettuccine**
- **1 medium zucchini, halved lengthwise and thinly sliced (1¼ cups)**
- **1 cup thinly sliced carrots (2 medium)**
- **¾ cup frozen whole kernel corn**
- **3 cups shredded cooked chicken**
- **1 10-ounce carton original cream cheese for cooking***
- **½ cup sour cream**
- **2 tablespoons Dijon-style mustard**
- **2 teaspoons finely shredded lemon peel**
- **1 teaspoon dried basil, crushed**
- **Cracked black pepper (optional)**
- **¼ cup finely shredded Parmesan cheese (1 ounce)**

1 In a Dutch oven cook fettuccine according to package directions, adding zucchini, carrots, and corn to the water with pasta; drain. Return fettuccine mixture to hot Dutch oven; add chicken.

2 Meanwhile, in a medium saucepan combine cream cheese for cooking, sour cream, mustard, lemon peel, and basil; cook and stir until heated through.

3 Add cream cheese mixture to hot fettuccine mixture; toss gently to coat. If desired, sprinkle each serving with pepper. Serve with cheese.

NUTRITION FACTS PER SERVING:
421 cal., 18 g total fat (8 g sat. fat), 129 mg chol., 562 mg sodium, 32 g carb., 2 g dietary fiber, 32 g protein.

***tip**

If you can't find cream cheese for cooking, in a medium saucepan combine 1½ cups chicken broth, 4 teaspoons cornstarch, the lemon peel, and basil. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat. Stir in sour cream and mustard. Add to hot fettuccine mixture and continue as directed.

Chicken and Olives Fettuccine

START TO FINISH 30 minutes MAKES 6 to 8 servings

- 12 to 16 ounces dried fettuccine
- 2 tablespoons olive oil
- 1 pound skinless, boneless chicken breast halves, cut into 1-inch pieces
- 1 large onion, cut into thin wedges
- 2 cloves garlic, minced
- 1 28-ounce can Italian-style whole peeled tomatoes in puree
- ½ teaspoon coarse ground black pepper
- ¼ teaspoon salt
- ½ cup whipping cream
- 1½ cups large pimento-stuffed green olives and/or pitted kalamata or other Italian olives, sliced
- ½ cup finely shredded fresh basil
- ¼ cup grated Parmesan cheese

1 In a Dutch oven cook fettuccine according to package directions; drain. Return fettuccine to hot Dutch oven; cover and keep warm.

2 Meanwhile, in a large skillet heat oil over medium-high heat. Add chicken, onion, and garlic. Cook about 5 minutes or until chicken is no longer pink, stirring occasionally. Place half of the tomatoes in a blender or food processor. Cover and blend or process until smooth. Snip the remaining tomatoes into bite-size pieces.

3 Stir pureed tomatoes, tomato pieces in puree, pepper, and salt into chicken mixture. Bring to boiling; reduce heat. Boil gently, uncovered, for 2 minutes. Stir in cream. Boil gently, uncovered, for 3 minutes more, stirring occasionally. Stir in olives; heat through.

4 Add chicken mixture, basil, and cheese to cooked fettuccine; toss gently to combine.

NUTRITION FACTS PER SERVING:
499 cal., 20 g total fat (7 g sat. fat), 74 mg chol., 891 mg sodium, 53 g carb., 5 g dietary fiber, 28 g protein.

Easy Sausage Lasagna

START TO FINISH **25 minutes** MAKES **4 to 6 servings**

- **8 ounces dried campanelle or mafalda pasta**
- **1 pound hot or sweet bulk Italian sausage**
- **3 cups sliced fresh mushrooms (8 ounces)**
- **¾ cup chopped green sweet pepper (1 medium)**
- **½ cup chopped onion (1 medium)**
- **1 26-ounce jar mushroom pasta sauce**
- **1 cup shredded Italian cheese blend (4 ounces)**
- **Snipped fresh parsley (optional)**

1 Cook pasta according to package directions; drain.

2 Meanwhile, in a 12-inch skillet cook sausage, mushrooms, sweet pepper, and onion over medium-high heat until meat is brown and vegetables are tender, using a wooden spoon to break up meat as it cooks. Drain off fat.

3 Add cooked pasta and pasta sauce to meat mixture; stir to combine. Return to simmering. Sprinkle with cheese. Cook, covered, over low heat until cheese is melted. If desired, sprinkle with parsley.

NUTRITION FACTS PER SERVING:
892 cal., 49 g total fat (19 g sat. fat), 106 mg chol., 1,881 mg sodium, 78 g carb., 8 g dietary fiber, 36 g protein.

Quick Skillet Lasagna

START TO FINISH 30 minutes MAKES 6 servings

- 8 ounces uncooked lean ground chicken or turkey
- ½ cup chopped onion (1 medium)
- 2 cups pasta sauce
- 1 cup water
- 2 cups dried extra-wide noodles
- 1½ cups coarsely chopped zucchini
- ½ cup fat-free ricotta cheese
- 2 tablespoons grated Parmesan or Romano cheese
- 1 tablespoon snipped fresh parsley
- ½ cup shredded mozzarella cheese (2 ounces)
- Snipped fresh parsley (optional)

1 In a large skillet cook ground chicken and onion over medium heat until meat is brown, using a wooden spoon to break up meat as it cooks. Drain off any fat.

2 Stir in pasta sauce and the water. Bring to boiling. Stir in noodles and zucchini. Return to boiling; reduce heat. Simmer, covered, about 10 minutes or until noodles are tender, stirring occasionally.

3 Meanwhile, in a small bowl combine ricotta cheese, Parmesan cheese, and 1 tablespoon parsley. Drop cheese mixture by spoonfuls on top of pasta mixture. Sprinkle with mozzarella cheese.

4 Cook, covered, over low heat for 4 to 5 minutes or until cheese mixture is heated through and mozzarella cheese is melted. If desired, sprinkle with additional parsley.

NUTRITION FACTS PER SERVING:
186 cal., 3 g total fat (2 g sat. fat), 45 mg chol., 519 mg sodium, 21 g carb., 2 g dietary fiber, 17 g protein

Parmesan Chicken and Noodles

START TO FINISH **30 minutes** OVEN **450°F** MAKES **4 servings**

- **6 ounces dried extra-wide egg noodles**
- **1 2- to 2¼-pound purchased roasted chicken**
- **1 cup frozen peas**
- **4 cloves garlic, minced**
- **1¾ cups whole milk, half-and-half, or light cream**
- **½ of a slice white or whole wheat bread**
- **¾ cup shredded Parmesan cheese (3 ounces)**
- **2 tablespoons butter, melted**
- **Snipped fresh thyme (optional)**

1 Preheat oven to 450°F. Cook noodles according to package directions; drain.

2 Meanwhile, remove chicken from bones; discard skin and bones. Using two forks, pull chicken apart into shreds. In a large saucepan combine shredded chicken, peas, and garlic. Stir in milk; heat through. Cover and keep warm.

3 Place bread in a blender or food processor. Cover and blend or process until coarse crumbs form. Transfer to a small bowl; stir in ¼ cup of the cheese and the melted butter.

4 Stir cooked noodles and the remaining ½ cup cheese into chicken mixture. Cook and stir until bubbly. Divide chicken mixture among four 16-ounce individual casseroles. Top with bread crumb mixture. Bake about 5 minutes or until tops begin to brown. If desired, garnish with fresh thyme.

NUTRITION FACTS PER SERVING:

701 cal., 37 g total fat (16 g sat. fat), 222 mg chol., 1,388 mg sodium, 45 g carb., 3 g dietary fiber, 50 g protein.

Lemon-Caper Tuna and Noodles

START TO FINISH 20 minutes MAKES 4 servings

- **12 ounces dried extra-wide egg noodles**
- **1 lemon**
- **1 15-ounce jar light garlic Alfredo pasta sauce or one 10-ounce container refrigerated light Alfredo pasta sauce**
- **1 tablespoon drained capers**
- **1 12-ounce can solid white tuna (water-pack), drained and broken into chunks**
- **Cracked black pepper (optional)**
- **Snipped fresh chives (optional)**

1 Cook noodles according to package directions; drain.

2 Meanwhile, finely shred peel from lemon. Cut lemon in half; squeeze juice from lemon. In a medium saucepan combine lemon juice, pasta sauce, and capers. Cook and stir until heated through.

3 Gently stir in cooked noodles and tuna. Cook just until heated through. Sprinkle with lemon peel and, if desired, pepper and chives.

NUTRITION FACTS PER SERVING:
655 cal., 19 g total fat (11 g sat. fat), 154 mg chol., 1,384 mg sodium, 78 g carb., 4 g dietary fiber, 41 g protein.

Chicken Lo Mein

START TO FINISH **25 minutes** MAKES **4 servings**

- **8 ounces dried Chinese egg noodles, rice noodles, or udon (broad, white noodles)**
- **2 tablespoons peanut oil or canola oil**
- **1 16-ounce package frozen stir-fry vegetables**
- **1 tablespoon finely chopped fresh ginger**
- **1 pound skinless, boneless chicken breast halves, cut into ½-inch pieces**
- **⅓ cup stir-fry sauce**
- **Sliced green onions or snipped fresh cilantro (optional)**

1 Cook noodles according to package directions; drain. Return noodles to hot pan.

2 Meanwhile, in a large skillet heat 1 tablespoon of the oil over medium-high heat. Add frozen vegetables and ginger; cook and stir for 4 to 6 minutes or until vegetables are crisp-tender. Remove from skillet. Add the remaining 1 tablespoon oil to skillet; add chicken. Cook and stir for 3 to 4 minutes or until chicken is no longer pink.

3 Return vegetable mixture to skillet. Add cooked noodles and stir-fry sauce; cook and stir until heated through. If desired, garnish each serving with green onions.

NUTRITION FACTS PER SERVING:
455 cal., 8 g total fat (2 g sat. fat), 66 mg chol., 907 mg sodium, 60 g carb., 2 g dietary fiber, 30 g protein.

Pasta

Penne Chicken in Red Sauce

START TO FINISH 25 minutes MAKES 4 servings

- 6 ounces dried penne pasta
- 1 9-ounce package fresh spinach
- 2 tablespoons olive oil
- 1½ pounds skinless, boneless chicken breast halves, cut into thin bite-size strips
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 1 14-ounce jar desired-flavor red pasta sauce
- 1 cup shredded mozzarella cheese (4 ounces)

1 Cook pasta according to package directions. Place spinach in a large colander set in the sink. When pasta is done, pour pasta and cooking water over spinach in colander. Set aside.

2 Meanwhile, in a 12-inch skillet heat oil over medium-high heat. Add half the chicken. Cook for 2 to 3 minutes or until no longer pink. Add remaining chicken; cook for 2 to 3 minutes or until no longer pink. Drain off fat. Return all of the chicken to skillet. Sprinkle with salt and pepper.

3 Add pasta sauce to skillet. Bring to boiling. Stir in cooked pasta mixture; heat through. Remove from heat. Sprinkle with cheese. Let stand for 3 to 5 minutes or until cheese is melted.

NUTRITION FACTS PER SERVING:
538 cal., 16 g total fat (5 g sat. fat), 114 mg chol., 789 mg sodium, 42 g carb., 4 g dietary fiber, 55 g protein.

Chicken-Veggie Pasta Toss

START TO FINISH **30 minutes** MAKES **4 servings**

- **6 ounces dried multigrain penne pasta**
- **1 tablespoon olive oil or canola oil**
- **4 cloves garlic, minced**
- **¼ teaspoon crushed red pepper**
- **1 16-ounce package frozen broccoli stir-fry vegetables**
- **12 ounces skinless, boneless chicken breast halves, cut into bite-size strips**
- **1 15-ounce can no-salt-added cannellini beans (white kidney beans), rinsed and drained**
- **½ to ¾ cup reduced-sodium chicken broth**
- **1 tablespoon snipped fresh oregano**

1 Cook penne according to package directions; drain.

2 Meanwhile, in a 12-inch nonstick skillet heat oil over medium-high heat. (Add more oil as necessary during cooking.) Add garlic and crushed red pepper; cook and stir for 30 seconds. Add frozen vegetables; cook and stir for 5 minutes. Remove vegetables from skillet.

3 Add chicken to skillet; cook and stir for 3 to 4 minutes or until chicken is no longer pink. Return vegetables to skillet. Add penne, beans, and enough of the broth to moisten. Cook until heated through, stirring occasionally. Sprinkle each serving with oregano.

NUTRITION FACTS PER SERVING:
399 cal., 6 g total fat (1 g sat. fat), 49 mg chol., 214 mg sodium, 50 g carb., 10 g dietary fiber, 35 g protein.

tip

Today pasta comes in many shapes and sizes. Many new pastas—including gluten-free and multigrain—can be substituted for most pastas in recipes. Make your pasta dishes more healthful by using whole grain pasta. Consider gradually introducing whole grain pasta by starting with equal parts whole grain and refined (regular) pasta. Cook according to package directions.

Salmon and Asparagus–Sauced Pasta

START TO FINISH 25 minutes MAKES 4 servings

- **1 pound fresh asparagus spears**
- **8 ounces dried cavatappi or penne pasta**
- **1 tablespoon butter**
- **¾ cup red or yellow sweet pepper strips (1 small)**
- **½ cup chopped onion (1 medium)**
- **1 10-ounce container refrigerated Alfredo pasta sauce**
- **¼ cup milk**
- **⅛ teaspoon ground black pepper**
- **1 3-ounce package thinly sliced, smoked salmon (lox-style), coarsely chopped**
- **2 teaspoons snipped fresh tarragon or ½ teaspoon dried tarragon, crushed**

1 Snap off and discard woody bases from asparagus. Cut asparagus diagonally into 2-inch pieces.

2 In a Dutch oven cook cavatappi according to package directions, adding asparagus for the last 3 minutes of cooking; drain. Return pasta mixture to hot Dutch oven; cover and keep warm.

3 Meanwhile, in a medium saucepan heat butter over medium heat until melted. Add sweet pepper and onion. Cook until vegetables are tender, stirring occasionally. Stir in pasta sauce, milk, and black pepper; heat through. Stir in smoked salmon and tarragon; heat through.

4 Pour salmon mixture over pasta mixture; stir gently to combine.

NUTRITION FACTS PER SERVING:
446 cal., 18 g total fat (11 g sat. fat), 54 mg chol., 910 mg sodium, 53 g carb., 4 g dietary fiber, 18 g protein.

Antipasti Bow Ties

START TO FINISH **25 minutes** MAKES **4 servings**

- **4 ounces dried farfalle pasta (bow ties)**
- **1 12-ounce jar marinated artichoke salad (artichokes, sweet pepper, and olives) or 1½ cups deli marinated artichoke salad, undrained**
- **1 tablespoon olive oil**
- **1 teaspoon dried Italian seasoning, crushed**
- **½ of a medium cantaloupe**
- **6 ounces salami, chopped**
- **4 ounces bocconcini (small fresh mozzarella balls), halved**
- **Salt**
- **Ground black pepper**

1 Cook pasta according to package directions; drain. Rinse with cold water; drain again.

2 Meanwhile, drain artichoke salad, reserving ¼ cup liquid. In a small bowl combine the reserved artichoke liquid, oil, and Italian seasoning; set aside. Peel cantaloupe. Cut cantaloupe into wedges; halve wedges.

3 In a large bowl combine cooked pasta, artichoke salad, cantaloupe, salami, and bocconcini. Pour oil mixture over pasta mixture; toss gently to coat. Season to taste with salt and pepper.

NUTRITION FACTS PER SERVING:
448 cal., 24 g total fat (9 g sat. fat), 58 mg chol., 1,057 mg sodium, 34 g carb., 3 g dietary fiber, 22 g protein.

Pasta

Bow Ties with Sausage and Sweet Peppers

START TO FINISH 25 minutes MAKES 4 to 6 servings

- 8 ounces dried farfalle pasta (bow ties)
- 12 ounces sweet Italian or apple-flavor cooked chicken sausage links, cut into 1-inch pieces
- 2 medium red and/or yellow sweet peppers, seeded and cut into ¾-inch pieces
- ½ cup beef broth or chicken broth
- ¼ cup snipped fresh basil or Italian (flat-leaf) parsley
- ¼ cup finely shredded Parmigiano-Reggiano cheese or Parmesan cheese (1 ounce)

1 In a Dutch oven cook pasta according to package directions; drain. Return pasta to hot Dutch oven; cover and keep warm.

2 Meanwhile, in a large skillet cook sausage and sweet peppers over medium heat about 8 minutes or until sausage is brown, stirring occasionally.

3 Stir broth into sausage mixture. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Add sausage mixture and basil to cooked pasta; toss gently to coat. Sprinkle each serving with cheese.

NUTRITION FACTS PER SERVING:
379 cal., 10 g total fat (4 g sat. fat), 29 mg chol., 687 mg sodium, 48 g carb., 3 g dietary fiber, 24 g protein.

Garden-Fresh Wagon Wheel Pasta

START TO FINISH **25 minutes** MAKES **4 servings**

- **1 12-ounce package frozen, cooked breaded chicken nuggets**
- **8 ounces dried wagon wheel pasta**
- **4 cups chopped or sliced assorted vegetables, such as broccoli, carrots, summer squash, cauliflower, and/or sweet peppers**
- **½ of an 8-ounce tub-style cream cheese spread with chive and onion**
- **¼ to ½ cup milk**
- **Salt**
- **Ground black pepper**
- **Shredded Parmesan cheese**

1 Heat chicken nuggets according to package directions.

2 Meanwhile, in a Dutch oven cook pasta in a large amount of boiling, lightly salted water for 4 minutes. Add vegetables. Cook about 5 minutes more or until pasta is tender; drain. Return pasta mixture to hot Dutch oven.

3 Add cream cheese spread to pasta mixture; heat through. Thin with enough of the milk to reach desired consistency. Season to taste with salt and pepper.

4 Serve chicken nuggets with pasta mixture. Sprinkle each serving with cheese.

NUTRITION FACTS PER SERVING:
643 cal., 27 g total fat (12 g sat. fat), 81 mg chol., 811 mg sodium, 72 g carb., 4 g dietary fiber, 25 g protein.

Speedy and Spicy Tuna Noodle Casserole

START TO FINISH 25 minutes MAKES 4 servings

- **8 ounces dried wagon wheel and/or elbow macaroni**
- **1 10.75-ounce can condensed nacho cheese soup**
- **½ cup milk**
- **1 12-ounce can solid white tuna (water-pack), drained and broken into chunks**
- **1 4-ounce can diced green chile peppers, drained**
- **Rich round crackers, tortilla chips, or corn chips (optional)**

1 In a Dutch oven cook macaroni according to package directions; drain. Return macaroni to hot Dutch oven.

2 Add soup and milk to cooked macaroni, stirring until macaroni is coated and creamy. Gently fold in tuna and chile peppers; heat through. If desired, serve with crackers.

NUTRITION FACTS PER SERVING:
414 cal., 9 g total fat (4 g sat. fat), 44 mg chol., 905 mg sodium, 51 g carb., 2 g dietary fiber, 31 g protein.

Bucatini and Bacon

START TO FINISH **25 minutes** MAKES **4 servings**

- **8 ounces dried bucatini or fusilli pasta**
- **3 cups fresh baby spinach**
- **1 28-ounce can whole peeled tomatoes with basil, undrained**
- **6 slices bacon, crisp-cooked, drained, and crumbled**
- **3 cloves garlic, minced**
- **½ cup freshly grated Pecorino Romano cheese**
- **Salt**
- **Ground black pepper**
- **Freshly grated Pecorino Romano cheese (optional)**

1 In a Dutch oven cook pasta according to package directions; drain. Return pasta to hot Dutch oven. Stir in spinach; cover and keep warm.

2 Meanwhile, drain tomatoes, reserving liquid. Snip tomatoes into bite-size pieces. In a medium saucepan combine tomatoes, bacon, and garlic. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes, stirring occasionally.

3 Add tomato mixture to pasta mixture; heat through, tossing gently to coat and adding some of the reserved tomato liquid if mixture is dry. Stir in ½ cup cheese. Season to taste with salt and pepper. If desired, sprinkle each serving with additional cheese.

NUTRITION FACTS PER SERVING:
355 cal., 9 g total fat (4 g sat. fat), 24 mg chol., 845 mg sodium, 51 g carb., 4 g dietary fiber, 17 g protein.

Fusilli with Greens and Pecorino Romano Cheese

START TO FINISH 30 minutes MAKES 6 servings

- **1 pound dried fusilli pasta**
- **2 tablespoons olive oil**
- **4 cups chopped onions (4 large)**
- **1 large bunch escarole (about 14 ounces), coarsely chopped**
- **1 10-ounce package fresh spinach, coarsely chopped**
- **½ teaspoon freshly ground black pepper**
- **¼ teaspoon salt**
- **2 cups shredded Pecorino Romano cheese (8 ounces)**

1 Cook pasta according to package directions; drain, reserving ⅓ cup of the cooking water. Return pasta and the reserved water to hot pan; cover and keep warm.

2 Meanwhile, in a Dutch oven heat oil over medium-high heat. Add onions; cook about 10 minutes or until golden brown, stirring occasionally. Stir in escarole, spinach, pepper, and salt. Reduce heat to medium-low. Cook, covered, about 5 minutes or until greens are wilted and tender.

3 Stir cheese into cooked pasta. Add pasta mixture to greens mixture; stir to combine.

NUTRITION FACTS PER SERVING:
489 cal., 13 g total fat (5 g sat. fat), 28 mg chol., 473 mg sodium, 72 g carb., 6 g dietary fiber, 21 g protein.

Vegetable Pasta with Provolone

START TO FINISH 30 minutes MAKES 4 servings

- **1 cup dried small alphabet-shape pasta, acini de pepe, or large couscous**
- **1½ cups assorted vegetables, such as finely chopped carrots, red sweet pepper, broccoli and/or frozen baby peas, edamame, and whole kernel corn**
- **1 tablespoon olive oil**
- **⅛ teaspoon ground black pepper**
- **⅓ cup finely chopped provolone or cheddar cheese**

1 In a large saucepan cook pasta according to package directions, adding vegetables for the last 5 minutes of cooking; drain. Return pasta mixture to hot saucepan.

2 Add oil and pepper to pasta mixture; toss gently to coat. Cool slightly. Add cheese; toss gently to combine.

NUTRITION FACTS PER SERVING:
314 cal., 8 g total fat (3 g sat. fat), 11 mg chol., 159 mg sodium, 47 g carb., 3 g dietary fiber, 12 g protein.

Chicken and Sausage with Acini di Pepe

START TO FINISH **30 minutes** MAKES **6 servings**

- **1 tablespoon butter**
- **1 pound skinless, boneless chicken breast halves, cut into 1-inch pieces**
- **1 pound cooked smoked sausage links, cut into ½-inch slices**
- **1 cup chopped sweet onion (1 large)**
- **½ cup chopped red sweet pepper (1 small)**
- **3 cloves garlic, minced**
- **1 14-ounce can reduced-sodium chicken broth**
- **¾ cup water**
- **1 tablespoon balsamic vinegar**
- **⅛ teaspoon cayenne pepper**
- **1½ cups dried acini di pepe**
- **½ cup sliced green onions (4)**

1 In a 4-quart Dutch oven heat butter over medium heat until melted. Add chicken, sausage, onion, sweet pepper, and garlic. Cook for 5 minutes, stirring occasionally. Add broth, the water, vinegar, and cayenne pepper.

2 Bring just to boiling. Stir in acini de pepe; reduce heat. Simmer, covered, about 10 minutes or until chicken is no longer pink and pasta is tender, stirring occasionally. Remove from heat. Stir in green onions.

NUTRITION FACTS PER SERVING:
583 cal., 27 g total fat (9 g sat. fat), 97 mg chol., 898 mg sodium, 49 g carb., 3 g dietary fiber, 36 g protein.

Acini di pepe, which means "peppercorns" in Italian, is a teeny round pasta, often used in soups. Any small pasta makes a good substitute for acini di pepe. Try orzo. Or substitute small alphabet-shape pasta for a child-friendly dish.

Chicken with Greek Orzo Risotto

START TO FINISH 30 minutes MAKES 4 servings

- 4 **skinless, boneless chicken breast halves (about 1¼ pounds total)**
- **Salt**
- **Freshly ground black pepper**
- 2 **tablespoons olive oil**
- 3 **cups reduced-sodium chicken broth**
- 2 **cloves garlic, minced**
- 1 **cup dried orzo pasta (rosamarina)**
- ¾ **cup quartered cherry tomatoes**
- ½ **cup crumbled feta cheese (2 ounces)**
- ¼ **cup sliced pitted ripe olives**
- 1 **tablespoon snipped fresh oregano**

1 Lightly sprinkle chicken with salt and pepper. In a 12-inch skillet heat 1 tablespoon of the oil over medium heat. Add chicken; cook for 8 to 12 minutes or until chicken is no longer pink (170°F), turning once.

2 Meanwhile, for risotto, in a medium saucepan bring broth and garlic to boiling; reduce heat and simmer. In a large saucepan heat the remaining 1 tablespoon oil over medium heat. Add orzo; cook and stir for 1 minute. Slowly add ½ cup of the hot broth to orzo, stirring constantly. Continue to cook and stir over medium heat until broth is absorbed. Continue adding broth, ½ cup at a time, stirring constantly until broth is absorbed and mixture is creamy. (This should take about 15 minutes.) Remove from heat.

3 Stir tomatoes, cheese, olives, and oregano into risotto. Serve chicken with risotto.

NUTRITION FACTS PER SERVING:
451 cal., 14 g total fat (4 g sat. fat), 99 mg chol., 952 mg sodium, 35 g carb., 2 g dietary fiber, 44 g protein.

Greek Skillet Supper

START TO FINISH **30 minutes** MAKES **4 servings**

- **8 ounces lean ground lamb or ground beef**
- **¾ cup chopped onion**
- **2 cloves garlic, minced**
- **1 14-ounce can beef broth**
- **1½ cups dried medium shell macaroni**
- **2 cups frozen mixed vegetables**
- **1 14.5-ounce can whole tomatoes, undrained and cut up**
- **2 tablespoons tomato paste**
- **2 teaspoons snipped fresh marjoram or 1 teaspoon dried marjoram, crushed**
- **⅛ teaspoon ground cinnamon**
- **⅛ teaspoon ground nutmeg**
- **½ cup crumbled feta cheese (2 ounces)**
- **1 teaspoon snipped fresh marjoram**

1 In a large skillet cook meat, onion, and garlic over medium-high heat until meat is brown, using a wooden spoon to break up meat as it cooks. Drain off fat. Stir in broth and macaroni. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

2 Stir in frozen vegetables, tomatoes, tomato paste, dried marjoram (if using), cinnamon, and nutmeg. Return to boiling; reduce heat. Simmer, uncovered, for 5 to 10 minutes more or until vegetables are tender. Stir in 2 teaspoons fresh marjoram (if using). Sprinkle each serving with cheese and 1 teaspoon fresh marjoram.

NUTRITION FACTS PER SERVING:
400 cal., 12 g total fat (6 g sat. fat), 50 mg chol., 783 mg sodium, 51 g carb., 3 g dietary fiber, 22 g protein.

Salmon and Ravioli

START TO FINISH 25 minutes MAKES 4 servings

- **2 6-ounce fresh or frozen skinless salmon fillets**
- **1 9-ounce package refrigerated 4-cheese ravioli**
- **1 lemon**
- **Salt**
- **Ground back pepper**
- **2 tablespoons olive oil**
- **1 5- to 6-ounce package fresh baby spinach**
- **2 tablespoons butter**
- **3 cloves garlic, thinly sliced**
- **Shredded Parmesan cheese**

1 Thaw salmon, if frozen. Cook ravioli according to package directions; drain. Return ravioli to hot pan; cover and keep warm.

2 Meanwhile, cut lemon in half; squeeze juice from one lemon half. Cut the remaining lemon half into small wedges. Set lemon juice and lemon wedges aside. Rinse fish; pat dry with paper towels. Sprinkle fish with salt and pepper.

3 In a large skillet heat oil over medium heat. Add fish. Cook for 6 to 8 minutes or until fish flakes easily when tested with a fork, turning once. Remove fish. Add spinach to skillet. Cook and stir about 1 minute or just until spinach begins to wilt. Remove spinach. Add lemon juice, butter, and garlic to skillet. Cook and stir over medium heat until butter is melted. Cook and stir for 1 minute more.

4 Slice fish; arrange on dinner plates. Add cooked ravioli and spinach; drizzle with butter mixture. Sprinkle each serving with cheese and serve with lemon wedges.

NUTRITION FACTS PER SERVING:
525 cal., 31 g total fat (12 g sat. fat), 102 mg chol., 689 mg sodium, 31 g carb., 3 g dietary fiber, 29 g protein.

Apple-Sausage Rigatoni

START TO FINISH **25 minutes** MAKES **4 servings**

- **6 ounces dried rigatoni pasta**
- **8 ounces cooked smoked sausage links, halved lengthwise and cut into 1-inch pieces**
- **1½ pounds McIntosh or Braeburn apples, cored and cut into ½-inch slices**
- **½ cup whipping cream**
- **½ cup crumbled Gorgonzola or other blue cheese (2 ounces)**
- **Fresh herbs (optional)**

1 In a Dutch oven cook pasta according to package directions; drain.

2 In the same Dutch oven cook sausage over medium heat until light brown. Add apples; cook about 5 minutes or until apples are light golden brown, stirring occasionally. Stir in cooked pasta, cream, and cheese; heat through. If desired, garnish with fresh herbs.

NUTRITION FACTS PER SERVING:
613 cal., 34 g total fat (16 g sat. fat), 92 mg chol., 1,056 mg sodium, 56 g carb., 5 g dietary fiber, 26 g protein.

Rotini with Shrimp and Spinach

START TO FINISH 20 minutes MAKES 4 servings

- **12 ounces fresh or frozen peeled and deveined medium shrimp**
- **6 ounces dried rotini or other pasta**
- **1 tablespoon olive oil**
- **3 cloves garlic, minced**
- **1 cup chicken broth**
- **1 tablespoon cornstarch**
- **1 teaspoon dried basil, crushed**
- **1 teaspoon dried oregano, crushed**
- **4 cups fresh baby spinach or torn spinach**
- **Finely shredded Parmesan cheese**

1 Thaw shrimp, if frozen. In a Dutch oven cook pasta according to package directions; drain. Return pasta to hot Dutch oven; cover and keep warm.

2 Meanwhile, rinse shrimp; pat dry with paper towels. In a skillet heat oil over medium-high heat. Add garlic; cook and stir for 15 seconds. Add shrimp; cook and stir for 2 to 3 minutes or until shrimp are opaque. Remove from skillet.

3 In a small bowl combine broth, cornstarch, basil, and oregano. Add to skillet; cook and stir until thickened and bubbly. Add spinach. Cook and stir for 1 to 2 minutes or just until spinach starts to wilt. Return shrimp; heat through.

4 Add shrimp mixture to cooked pasta; toss gently to combine. Sprinkle each serving with cheese.

NUTRITION FACTS PER SERVING:

333 cal., 7 g total fat (1 g sat. fat), 136 mg chol., 422 mg sodium, 39 g carb., 3 g dietary fiber, 25 g protein.

Chicken and Gorgonzola Cheese Pasta

START TO FINISH **30 minutes** MAKES **6 to 8 servings**

- **12** to 16 ounces dried pasta
- **1½** pounds skinless, boneless chicken breast halves, cut crosswise into ½-inch slices
- **½** teaspoon salt
- **½** teaspoon freshly ground black pepper
- **3** tablespoons olive oil
- **3** cups sliced fresh cremini, stemmed shiitake, and/or button mushrooms (8 ounces)
- **2** cups whipping cream
- **1** cup crumbled Gorgonzola or other blue cheese (4 ounces)
- **⅔** cup grated Parmesan cheese
- **¼** cup snipped fresh Italian (flat-leaf) parsley

1 In a Dutch oven cook pasta according to package directions; drain. Return pasta to hot Dutch oven; cover and keep warm. Meanwhile, sprinkle chicken with ¼ teaspoon of the salt and ¼ teaspoon of the pepper.

2 In a large nonstick skillet heat 1 tablespoon of the oil over medium-high heat. Add half of the chicken; cook and stir until brown. Remove from skillet. Repeat with another 1 tablespoon oil and the remaining chicken. Remove from skillet. Add the remaining 1 tablespoon oil to skillet. Add mushrooms. Cook for 5 to 8 minutes or until mushrooms are softened and liquid is evaporated, stirring occasionally.

3 Return chicken to skillet; stir in cream. Bring to boiling; reduce heat. Boil gently, uncovered, for 3 minutes. Stir in ½ cup of the Gorgonzola cheese, the Parmesan cheese, the remaining ¼ teaspoon salt, and the remaining ¼ teaspoon pepper. Cook and stir about 1 minute or until cheeses are melted.

4 Add chicken mixture, the remaining ½ cup Gorgonzola cheese, and parsley to cooked pasta; toss gently to combine.

NUTRITION FACTS PER SERVING:
800 cal., 48 g total fat (26 g sat. fat), 200 mg chol., 753 mg sodium, 47 g carb., 2 g dietary fiber, 45 g protein.

Pasta with Broccoli Raab and Clams

START TO FINISH 25 minutes MAKES 6 to 8 servings

- 12 to 16 ounces dried pasta
- 2 tablespoons olive oil
- 1 pound broccoli raab, trimmed and cut into 2-inch pieces, or 3 cups broccoli florets
- 3 cloves garlic, sliced
- 2 6.5-ounce cans chopped clams, undrained
- ¼ cup butter
- ½ cup dry white wine
- ½ teaspoon crushed red pepper
- ¼ teaspoon ground black pepper
- ¼ cup grated Parmesan cheese

1 Cook pasta according to package directions; drain. Return pasta to hot pan; cover and keep warm.

2 Meanwhile, in a 12-inch skillet heat oil over medium-high heat. Add broccoli and garlic. Cook for 5 minutes, stirring occasionally. Stir in clams and butter. Cook over medium heat until butter is melted.

3 Stir in wine, crushed red pepper, and black pepper. Bring just to boiling; reduce heat. Simmer, uncovered, about 2 minutes or until mixture is slightly reduced.

4 Serve broccoli mixture over cooked pasta. Sprinkle each serving with cheese.

NUTRITION FACTS PER SERVING:
469 cal., 15 g total fat (6 g sat. fat), 64 mg chol., 219 mg sodium, 49 g carb., 4 g dietary fiber, 27 g protein.

Beef, Pork, and Lamb

Caprese Pasta and Steak

START TO FINISH **30 minutes** MAKES **4 servings**

- **8 ounces dried large rigatoni pasta**
- **½ cup purchased basil pesto**
- **1 pound boneless beef shoulder top blade (flat-iron) or tri-tip steak, cut into 4 portions**
- **4 ounces fresh mozzarella cheese, sliced**
- **4 roma tomatoes, sliced**
- **Fresh basil leaves (optional)**

1 Cook pasta according to package directions; drain. Return to hot pan.

2 Meanwhile, remove 2 tablespoons of the pesto and brush it on the steaks. Heat a large heavy skillet over medium heat; add steaks. Cook about 10 minutes or to desired doneness, turning once.

3 Add the remaining 6 tablespoons pesto to pasta; toss to coat. Divide pasta among four dinner plates. Top with steaks, cheese, and tomato slices. If desired, top with fresh basil.

NUTRITION FACTS PER SERVING:
695 cal., 35 g total fat (6 g sat. fat), 94 mg chol., 486 mg sodium, 53 g carb., 3 g dietary fiber, 40 g protein.

Beef Stroganoff

START TO FINISH **30 minutes** MAKES **4 servings**

- **12 ounces boneless beef sirloin steak**
- **1 8-ounce carton sour cream**
- **2 tablespoons all-purpose flour**
- **½ cup water**
- **2 teaspoons instant beef bouillon granules**
- **¼ teaspoon ground black pepper**
- **2 tablespoons butter or margarine**
- **2 cups sliced mixed fresh mushrooms, such as button, cremini, and/or stemmed shiitake**
- **½ cup chopped onion (1 medium)**
- **1 clove garlic, minced**
- **2 cups hot cooked noodles**

1 If desired, partially freeze meat for easier slicing. Trim fat from steak. Thinly slice steak across the grain into bite-size strips. In a small bowl stir together sour cream and flour. Stir in the water, bouillon granules, and pepper; set aside.

2 In a large skillet heat butter over medium-high heat until melted. Add meat, mushrooms, onion, and garlic; cook and stir about 5 minutes or until meat is desired doneness. Drain off fat.

3 Stir sour cream mixture into meat mixture. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Serve over hot cooked noodles.

NUTRITION FACTS PER SERVING:
486 cal., 30 g total fat (15 g sat. fat), 108 mg chol., 573 mg sodium, 30 g carb., 2 g dietary fiber, 24 g protein.

Beef, Mango, and Spiced Bulgur Bowls

START TO FINISH 30 minutes MAKES 4 servings

- 1 cup reduced-sodium chicken broth
- ⅔ cup bulgur
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- ¼ teaspoon ground coriander
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon cayenne pepper
- 6 ounces lower-sodium deli roast beef, cut into thin strips*
- ½ of a medium mango, peeled and cut up*
- ½ cup fresh snow pea pods, halved crosswise*
- 2 green onions, sliced*
- ¼ cup snipped fresh cilantro *
- ¼ cup unsalted peanuts, chopped (optional)

1 In a 1½-quart microwave-safe casserole combine broth, bulgur, garlic, cumin, coriander, cinnamon, and cayenne pepper. Microwave, covered, on 100 percent power (high) about 4 minutes or until boiling. Remove from microwave. Let stand about 20 minutes or until bulgur is tender. Drain, if necessary.

2 Divide bulgur mixture among four serving bowls. Top with beef, mango, pea pods, green onions, cilantro, and, if desired, peanuts.

NUTRITION FACTS PER SERVING:
164 cal., 2 g total fat (1 g sat. fat), 26 mg chol., 421 mg sodium, 25 g carb., 5 g dietary fiber, 13 g protein.

***tip**

Maximize your time by cutting up the beef, mango, vegetables, and cilantro during the bulgur's standing time.

Beef Stew and Garlic Mash

START TO FINISH **30 minutes** MAKES **4 servings**

- 1 **16-ounce package frozen assorted vegetable blend (carrots, peas, and onions)**
- ½ **cup water**
- 1 **17-ounce package refrigerated cooked beef tips with gravy**
- 2 **teaspoons Worcestershire sauce**
- 6 **cloves garlic**
- 2 **tablespoons water**
- 1 **pound Yukon gold or red potatoes, halved**
- 2 **tablespoons olive oil**
- ¼ **teaspoon salt**
- ¼ **teaspoon freshly ground black pepper**
- 2 **tablespoons fresh oregano leaves**

1 In a 4-quart Dutch oven combine vegetables and the ½ cup water. Bring to boiling over medium heat. Meanwhile, microwave beef tips according to package directions. Add beef tips and Worcestershire to vegetables. Reduce heat to low. Cook, covered, about 5 minutes or until vegetables are tender.

2 In a small microwave-safe bowl combine garlic and the 2 tablespoons water; cover with vented plastic wrap. Microwave on 100 percent power (high) for 1 minute; set aside. In a large microwave-safe bowl microwave potatoes on 100 percent power (high) for 8 to 10 minutes or just until tender, stirring once halfway through cooking.

3 Peel and mash garlic. Add garlic, oil, salt, and pepper to potatoes; mash with a potato masher. Divide potato mixture among four serving dishes; top with beef mixture. Sprinkle with oregano.

NUTRITION FACTS PER SERVING:
368 cal., 14 g total fat (3 g sat. fat), 47 mg chol., 888 mg sodium, 42 g carb., 8 g dietary fiber, 24 g protein.

Barbecue Beef Cups

START TO FINISH **30 minutes** OVEN **400°F** MAKES **5 servings (2 cups each)**

- **1 pound ground beef**
- **¼ cup chopped onion**
- **⅔ cup barbecue sauce**
- **2 tablespoons packed brown sugar**
- **1 10- to 12-ounce package refrigerated biscuits (10 biscuits)**
- **½ cup shredded cheddar cheese (2 ounces)**

1 Preheat oven to 400°F. In a large skillet cook ground beef and onion until meat is brown, using a wooden spoon to break up meat as it cooks. Drain off fat. Stir barbecue sauce and brown sugar into meat mixture.

2 Press a biscuit into the bottom and up the side of a 2½-inch muffin cup; repeat with the remaining biscuits to make 10 biscuit-lined muffin cups. Spoon ground beef mixture into biscuit-lined cups. Sprinkle with cheese.

3 Bake about 12 minutes or until biscuit edges are golden. Loosen and carefully remove from muffin cups. Serve warm.

NUTRITION FACTS PER SERVING:
483 cal., 24 g total fat (10 g sat. fat), 76 mg chol., 1,011 mg sodium, 44 g carb., 1 g dietary fiber, 22 g protein.

Beef and Bean Stir-Fry

START TO FINISH **25 minutes** MAKES **4 servings**

- **2 tablespoons vegetable oil**
- **1 pound boneless beef top loin steak, trimmed and cut into thin strips**
- **2 cloves garlic, minced**
- **1 teaspoon grated fresh ginger**
- **3½ cups broccoli florets**
- **2 carrots, thinly diagonally sliced**
- **6 green onions, cut into long thin strips**
- **¼ cup orange juice concentrate, thawed, or orange juice**
- **2 tablespoons reduced-sodium soy sauce**
- **¼ teaspoon crushed red pepper**
- **1 15-ounce can cannellini beans (white kidney beans) rinsed and drained**

1 In a 12-inch skillet with flared sides or a large wok heat 1 tablespoon of the oil over medium-high heat. Add beef, garlic, and ginger; cook and stir for 2 to 3 minutes or until beef is brown. Remove from skillet. In the same skillet heat the remaining 1 tablespoon oil. Add broccoli and carrots; cook and stir for 3 minutes. Add green onions; cook for 1 minute more.

2 Add orange juice concentrate, soy sauce, and crushed red pepper; toss to coat. Add cooked beef and beans; cook until heated through.

NUTRITION FACTS PER SERVING:
470 cal., 28 g total fat (9 g sat. fat), 76 mg chol., 557 mg sodium, 30 g carb., 8 g dietary fiber, 31 g protein.

Sweet-and-Spicy Edamame-Beef Stir-Fry

START TO FINISH 30 minutes MAKES 4 servings

- 8 ounces beef sirloin steak
- 4 teaspoons canola oil
- 2 teaspoons grated fresh ginger
- 2 cups broccoli florets
- 1 cup red and/or yellow sweet pepper strips
- 1 cup frozen shelled sweet soybeans (edamame)
- 3 tablespoons hoisin sauce
- 2 tablespoons rice vinegar
- 1 teaspoon red chili paste
- 2 cups hot cooked brown or white rice

1 If desired, partially freeze meat for easier slicing. Trim fat from steak. Thinly slice steak across the grain into bite-size strips; set aside.

2 In a nonstick wok or large skillet heat 2 teaspoons of the oil over medium-high heat. Add ginger; cook and stir for 15 seconds. Add broccoli and sweet pepper. Cook and stir about 4 minutes or until crisp-tender. Remove vegetables from wok.

3 Add the remaining 2 teaspoons oil to wok. Add meat and edamame; cook and stir about 2 minutes or until meat is desired doneness. Return vegetables to wok.

4 In a small bowl combine hoisin, vinegar, and chili paste. Add to meat mixture; toss to coat. Heat through. Serve over hot cooked rice.

NUTRITION FACTS PER SERVING:
340 cal., 11 g total fat (2 g sat. fat), 24 mg chol., 262 mg sodium, 38 g carb., 6 g dietary fiber, 22 g protein.

Skillet Pot Roast with Mushrooms and Cherries

START TO FINISH **30 minutes** MAKES **4 to 6 servings**

- **1 12-ounce package frozen unsweetened pitted dark sweet cherries**
- **1 tablespoon olive oil or vegetable oil**
- **1 8-ounce package fresh mushrooms, halved**
- **1 medium red sweet pepper, seeded and cut into bite-size strips**
- **1 cup chopped onion (1 large)**
- **2 teaspoons dried sage or thyme, crushed**
- **2 16- or 17-ounce packages refrigerated cooked beef pot roast with juices**
- **2 tablespoons balsamic vinegar**

1 Place frozen cherries in a colander in sink. Run cold water over cherries to partially thaw. Drain well; set aside.

2 In a 12-inch skillet heat oil over medium heat. Add mushrooms, sweet pepper, onion, and 1 teaspoon of the sage; cook about 7 minutes or until tender. Add roast and juices, cherries, and balsamic vinegar to skillet. Bring to boiling; reduce heat. Simmer, uncovered, about 10 minutes or until heated through and juices thicken slightly, stirring occasionally. Stir in the remaining 1 teaspoon sage.

NUTRITION FACTS PER SERVING:
451 cal., 18 g total fat (7 g sat. fat), 120 mg chol., 727 mg sodium, 27 g carb., 4 g dietary fiber, 49 g protein.

Mexican Beef and Veggies

START TO FINISH 30 minutes MAKES 4 to 6 servings

- **1 medium butternut squash (1¼ pounds), peeled, seeded, and cubed (about 3 cups)**
- **12 ounces lean ground beef**
- **2 cloves garlic, minced**
- **1 teaspoon ground cumin**
- **½ teaspoon salt**
- **⅛ teaspoon ground cinnamon**
- **1 14.5-ounce can diced tomatoes, undrained**
- **1 medium zucchini, halved lengthwise and cut into ¼-inch slices**
- **¼ cup water**
- **¼ cup snipped fresh cilantro**
- **2 to 3 cups hot cooked white rice or brown rice**
- **Bottled hot pepper sauce (optional)**

1 In a large skillet cook butternut squash, meat, garlic, cumin, salt, and cinnamon over medium heat until meat is brown, using a wooden spoon to break up meat as it cooks. Drain off fat.

2 Stir tomatoes into meat mixture. Bring to boiling; reduce heat. Simmer, covered, about 8 minutes or just until butternut squash is tender. Stir in zucchini and the water. Simmer, covered, about 4 minutes more or until zucchini is tender. Stir in cilantro. Serve over hot cooked rice. If desired, season to taste with bottled hot pepper sauce.

NUTRITION FACTS PER SERVING:
313 cal., 9 g total fat (3 g sat. fat), 54 mg chol., 504 mg sodium, 39 g carb., 3 g dietary fiber, 20 g protein.

Herbed Steaks with Horseradish

START TO FINISH **20 minutes** MAKES **4 servings**

- **2 12- to 14-ounce beef top loin steaks, cut 1 inch thick**
- **Salt**
- **Ground black pepper**
- **2 tablespoons prepared horseradish**
- **1 tablespoon Dijon-style mustard**
- **2 teaspoons snipped fresh Italian (flat-leaf) parsley**
- **1 teaspoon snipped fresh thyme**
- **Broiled cherry tomatoes (optional)**
- **Broiled sweet pepper strips (optional)**

1 Preheat broiler. Season steaks with salt and black pepper. Place steaks on the unheated rack of a broiler pan. Broil 4 inches from heat for 7 minutes. Meanwhile, in a small bowl combine horseradish, mustard, parsley, and thyme.

2 Turn steaks. Broil for 8 to 9 minutes more or to medium doneness (160°F). For the last 1 minute of broiling, spread horseradish mixture over steaks. If desired, serve with tomatoes and sweet peppers.

NUTRITION FACTS PER SERVING:
284 cal., 15 g total fat (6 g sat. fat), 84 mg chol., 351 mg sodium, 1 g carb., 0 g dietary fiber, 33 g protein.

Espresso-Rubbed Steak with Green Chile Pesto

START TO FINISH 30 minutes MAKES 8 servings

- 1 1½-pound beef flank steak
- 2 teaspoons chili powder
- 1 teaspoon kosher salt or regular salt
- 1 teaspoon instant espresso coffee powder
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano, crushed
- ½ teaspoon ground black pepper
- Nonstick cooking spray
- 1 recipe Green Chile Pesto

1 Trim fat from steak. Score both sides of steak in a diamond pattern by making shallow diagonal cuts at 1-inch intervals. In a small bowl stir together chili powder, salt, espresso powder, garlic powder, oregano, and pepper. Sprinkle chili powder mixture evenly over steak; rub in with your fingers.

2 Coat a large nonstick skillet with cooking spray; heat over medium-high heat until very hot. Add steak; reduce heat to medium. Cook to desired doneness, turning once halfway through cooking. Allow 12 to 14 minutes for medium-rare (145°F) or 14 to 16 minutes for medium (160°F). Transfer to a cutting board. Cover with foil; let stand for 10 minutes before slicing.

3 Meanwhile, prepare Green Chile Pesto. To serve, thinly slice steak against grain. Pass Green Chile Pesto.

NUTRITION FACTS PER SERVING:
244 cal., 17 g total fat (3 g sat. fat), 31 mg chol., 335 mg sodium, 4 g carb., 1 g dietary fiber, 20 g protein.

Green Chile Pesto

Halve 2 medium fresh Anaheim or poblano chile peppers lengthwise; remove stems, seeds, and veins.* Coarsely chop peppers. In a food processor combine peppers, ½ cup fresh cilantro leaves, ¼ cup crumbled Cotija cheese, 2 tablespoons pine nuts, 2 cloves garlic, ¼ teaspoon crushed red pepper, dash salt, and dash ground black pepper. Cover and process to finely chop mixture. With the processor running, add ⅓ cup olive oil in a steady stream through feed tube; process until mixture is a coarse paste. Makes about 1⅓ cups pesto.

***tip**

Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do not touch the peppers, wash your hands and nails well with soap and warm water.

Pan-Fried Garlic Steak with White Beans

START TO FINISH 20 minutes MAKES 4 servings

- 4 **4- to 5-ounce beef rib-eye steaks, cut ½ inch thick**
- **Olive oil**
- **Salt**
- **Ground black pepper**
- 6 **cloves garlic, peeled and thinly sliced**
- 2 **tablespoons butter**
- 1 **15- to 19-ounce can cannellini beans (white kidney beans) rinsed and drained**
- ¼ **cup snipped fresh Italian (flat-leaf) parsley**

1 Drizzle steaks lightly with olive oil; sprinkle with salt and pepper.

2 Heat a 12-inch heavy skillet over medium-high heat. Add steaks; reduce heat to medium. Cook steaks to desired doneness, turning once halfway through cooking. Allow 6 to 8 minutes for medium-rare (145°F). Remove steaks from skillet; cover and keep warm. Add garlic to skillet; cook and stir about 1 minute or until softened; remove from skillet.

3 Add butter to skillet; stir in beans. Heat through. Add parsley; cook for 1 minute more. Top steaks with garlic. Serve with bean mixture.

NUTRITION FACTS PER SERVING:
326 cal., 18 g total fat (7 g sat. fat), 81 mg chol., 415 mg sodium, 16 g carb., 5 g dietary fiber, 29 g protein.

Steak and Mushrooms

START TO FINISH 30 minutes MAKES 4 servings

- 4 **beef tenderloin steaks, cut 1 inch thick (about 1 pound total)**
- **Salt**
- **Ground black pepper**
- 1 **tablespoon olive oil**
- 1 **8-ounce package sliced fresh mushrooms**
- 1 **medium green sweet pepper, seeded and cut into thin strips**
- ½ **cup chopped red onion (1 medium)**
- 1 **tablespoon bottled minced garlic**
- ¼ **cup beef broth**
- ¼ **cup whipping cream**

1 Season meat lightly with salt and pepper. In a large skillet heat oil over medium-high heat until very hot. Add steaks; reduce heat to medium. Cook for 10 to 13 minutes or to desired doneness, turning once. Transfer steaks to a serving platter; cover and keep warm.

2 In the same skillet cook and stir mushrooms, sweet pepper, red onion, and garlic over medium-high heat about 6 minutes or until tender and most of the liquid has evaporated. Stir in broth and cream. Bring to boiling; reduce heat to medium. Boil gently, uncovered, about 4 minutes or until slightly thickened, stirring occasionally. Spoon mushroom mixture over steaks.

NUTRITION FACTS PER SERVING:
298 cal., 18 g total fat (7 g sat. fat), 90 mg chol., 191 mg sodium, 7 g carb., 1 g dietary fiber, 26 g protein.

Hanger Steak with Asian Noodles

START TO FINISH **25 minutes** MAKES **4 servings**

- ½ **cup beef broth**
- ¼ **cup water**
- ¼ **cup reduced-sodium soy sauce**
- 1 **tablespoon oyster sauce***
- 1 **tablespoon rice vinegar**
- 2 **teaspoons cornstarch**
- 1 **teaspoon sugar**
- 1 **1½-pound beef hanger steak****
- ¼ **teaspoon salt**
- 2 **tablespoons cream sherry**
- ⅓ **cup chopped green onions**
- 1 **tablespoon grated fresh ginger**
- 2 **cloves garlic, minced**
- 3 **cups hot cooked ramen noodles or rice**
- **Radish strips (optional)**
- **Sliced green onions (optional)**

1 In a small bowl combine broth, the water, soy sauce, oyster sauce, vinegar, cornstarch, and sugar; set aside. Trim fat from steak. Sprinkle steak with salt.

2 For a charcoal grill, grill steak on the rack of an uncovered grill directly over medium-hot coals about 10 minutes or until medium (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium-high. Place steak on grill rack over heat. Cover and grill as above.)

3 Meanwhile, for sauce, in a saucepan bring sherry to simmering over medium heat; simmer for 1 minute. Stir in the ⅓ cup green onions, the ginger, and garlic; simmer for 1 minute. Add broth mixture; simmer about 2 minutes more or until slightly thickened. Cool slightly.

4 Thinly slice steak diagonally across the grain. Serve sliced meat with sauce and hot cooked noodles. If desired, garnish with radish strips and additional green onions.

NUTRITION FACTS PER SERVING:
438 cal., 10 g total fat (4 g sat. fat), 56 mg chol., 1,442 mg sodium, 40 g carb., 1 g dietary fiber, 42 g protein.

Flat-Iron Steak with BBQ Beans

START TO FINISH **20 minutes** MAKES **4 servings**

- **2 boneless beef shoulder top blade (flat-iron) steaks, halved (1 to 1¼ pounds total)**
- **2 teaspoons fajita seasoning**
- **1 15-ounce can black beans, rinsed and drained**
- **⅓ cup barbecue sauce**
- **2 to 3 medium tomatoes, sliced**
- **Pickled jalapeño chile pepper slices (optional)**

1 Lightly grease a grill pan; heat the pan over medium-high heat. Trim fat from steaks. Sprinkle steaks with fajita seasoning. Place steaks on hot grill pan; grill until desired doneness, turning once. Allow 8 to 12 minutes for medium-rare (145°F) or 12 to 15 minutes for medium (160°F). Remove steaks from pan. Cover with foil; let stand for 5 minutes.

2 Meanwhile, in a medium microwave-safe bowl stir together beans and barbecue sauce. Cover loosely with plastic wrap. Microwave on 100 percent power (high) about 3 minutes or until heated through, stirring once.

3 Serve steaks with beans and sliced tomatoes. If desired, garnish with pickled jalapeño chile pepper slices.

NUTRITION FACTS PER SERVING:
305 cal., 11 g total fat (4 g sat. fat), 74 mg chol., 678 mg sodium, 25 g carb., 6 g dietary fiber, 29 g protein.

Flat-Iron Steak with Avocado Butter

START TO FINISH **30 minutes** MAKES **6 servings**

- **6 boneless beef shoulder top blade (flat-iron) steaks or boneless rib-eye steaks, cut ¾ inch thick**
- **1 tablespoon olive oil**
- **1 tablespoon herbes de Provence, crushed**
- **½ teaspoon salt**
- **½ teaspoon freshly ground black pepper**
- **1 recipe Avocado Butter**

1 Trim fat from steaks. Brush steaks with the olive oil. For rub, in a small bowl combine herbes de Provence, salt, and pepper. Sprinkle evenly over both sides of each steak; rub in with your fingers.

2 For a charcoal grill, grill steaks on the rack of an uncovered grill directly over medium coals for 7 to 9 minutes for medium-rare (145°F) or 10 to 12 minutes for medium (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place steaks on the grill rack over heat. Cover and grill as above.) Serve steaks with Avocado Butter.

NUTRITION FACTS PER SERVING:
369 cal., 25 g total fat (10 g sat. fat), 109 mg chol., 463 mg sodium, 3 g carb., 2 g dietary fiber, 33 g protein.

Avocado Butter

Halve, seed, peel, and chop 1 ripe avocado. In a medium bowl combine the chopped avocado, ¼ cup softened butter, 3 tablespoons lime juice, 2 tablespoons snipped fresh chervil or parsley, 1 tablespoon snipped fresh tarragon, ¼ teaspoon salt, and, if desired, ⅛ teaspoon cayenne pepper. Using a fork, gently mash the ingredients together until thoroughly combined (if desired, leave mixture somewhat chunky). Spoon mixture into a small bowl; chill until almost firm.

Wine-Balsamic Glazed Steak

START TO FINISH **30 minutes** MAKES **4 servings**

- **2 teaspoons vegetable oil**
- **4 boneless beef top loin or top sirloin steaks, cut ½ to ¾ inch thick (1½ to 2 pounds total)**
- **3 cloves garlic, minced**
- **⅛ teaspoon crushed red pepper**
- **¾ cup dry red wine**
- **2 cups sliced fresh mushrooms**
- **3 tablespoons balsamic vinegar**
- **2 tablespoons soy sauce**
- **4 teaspoons honey**
- **2 tablespoons butter**

1 In a large skillet heat oil over medium-high heat. Add steaks; reduce heat to medium. Cook for 10 to 13 minutes or to desired doneness, turning occasionally. If meat browns too quickly, reduce heat to medium low. Transfer meat to serving platter; cover and keep warm.

2 Add garlic and crushed red pepper to skillet; cook for 10 seconds. Remove skillet from heat. Carefully add wine; return to heat. Boil gently, uncovered, about 5 minutes or until most of the liquid is evaporated. Add mushrooms, vinegar, soy sauce, and honey; return to simmering. Cook and stir about 4 minutes or until mushrooms are tender. Add butter, stirring until melted. Spoon over steaks.

NUTRITION FACTS PER SERVING:
535 cal., 33 g total fat (14 g sat. fat), 110 mg chol., 633 mg sodium, 13 g carb., 1 g dietary fiber, 37 g protein.

Beef, Mushroom, and Onion Tart

START TO FINISH **30 minutes** OVEN **425°F** MAKES **4 servings**

- **12 ounces lean ground beef**
- **1 8-ounce package sliced fresh mushrooms**
- **½ of a medium red onion, cut into thin wedges**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **1 13.8-ounce package refrigerated pizza dough**
- **3 ounces blue cheese, crumbled**
- **Fresh oregano and/or pizza seasoning (optional)**

1 Preheat oven to 425°F. In a 12-inch skillet cook meat, mushrooms, and red onion over medium heat about 8 minutes or until meat is brown and onion is tender, using a wooden spoon to break up meat as it cooks. Drain off fat. Stir in salt and pepper.

2 Meanwhile, grease a large baking sheet or line with parchment. Unroll pizza dough on baking sheet. Roll or pat dough to a 15×12-inch rectangle. Top dough with beef mixture, keeping filling within 1½ inches of all edges. Fold edges over the filling, pleating as needed.

3 Bake about 15 minutes or until crust is golden. Top with blue cheese. If desired, sprinkle with oregano and/or pizza seasoning.

NUTRITION FACTS PER SERVING:
525 cal., 23 g total fat (10 g sat. fat), 74 mg chol., 1,041 mg sodium, 49 g carb., 2 g dietary fiber, 31 g protein.

Veal Scaloppine with Marsala

START TO FINISH 25 minutes MAKES 4 servings

- 4 tablespoons butter
- 3 cups fresh mushrooms, quartered, halved, or sliced
- ½ cup sliced green onions (4)
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 pound veal scaloppine*
- ¾ cup dry Marsala or dry sherry
- ⅓ cup chicken broth
- 2 tablespoons snipped fresh Italian (flat-leaf) parsley
- Hot cooked pasta and/or Italian bread (optional)

1 In an extra-large skillet heat 2 tablespoons of the butter over medium heat until melted. Add mushrooms and green onions. Cook for 4 to 5 minutes or until tender. Remove from skillet; set aside.

2 Sprinkle salt and pepper over veal. In the same skillet heat remaining 2 tablespoons butter over medium-high heat until melted. Cook veal, half at time if necessary about 2 minutes or until light brown, turning once. Transfer veal to four warm dinner plates; cover and keep warm.

3 Add Marsala and broth to drippings in skillet. Bring to boiling; reduce heat. Simmer, uncovered, for 2 to 3 minutes, stirring to scrape up any browned bits. Return mushroom mixture to skillet. Stir in parsley; heat through.

4 To serve, spoon mushroom mixture over veal. If desired, serve with hot cooked pasta and/or Italian bread.

NUTRITION FACTS PER SERVING:
311 cal., 15 g total fat (8 g sat. fat), 119 mg chol., 373 mg sodium, 7 g carb., 1 g dietary fiber, 27 g protein.

***tip**

Veal scaloppine is very thinly sliced veal. If you like, you can substitute chicken. Horizontally halve 4 skinless, boneless chicken breast halves. Place each chicken breast half between two pieces of plastic wrap. Using the flat side of a meat mallet, pound chicken lightly, working from the center to the edges, until about ⅛ inch thick and the breast half is rectangular. Remove plastic wrap.

Crispy Baked Pork Chops and Potatoes

START TO FINISH **30 minutes** OVEN **425°F** MAKES **4 servings**

- 1 **egg**
- 2 **tablespoons fat-free milk**
- 1 **cup packaged corn bread stuffing mix, crushed**
- 4 **bone-in pork loin chops, cut ½ inch thick (1 to 1½ pounds total)**
- **Salt**
- **Ground black pepper**
- 1 **20-ounce package frozen roasted potato pieces**

1 Preheat oven to 425°F. In a shallow dish beat egg with a fork; stir in milk. Place crushed stuffing mix in another shallow dish. Trim fat from chops. Sprinkle chops with salt and pepper. Dip chops into egg mixture. Coat both sides with stuffing mix.

2 Arrange chops in a single layer in one side of a 15×10×1-inch baking pan. Add potato pieces to the other side of the same pan, mounding potatoes as needed to fit.

3 Bake for 20 to 25 minutes or until chops are slightly pink in centers and juices run clear (160°F) and potatoes are lightly browned and crisp, turning pork and stirring potatoes once.

NUTRITION FACTS PER SERVING:
442 cal., 18 g total fat (4 g sat. fat), 92 mg chol., 1,407 mg sodium, 51 g carb., 2 g dietary fiber, 18 g protein.

Apple-Pecan Pork Chops

START TO FINISH **20 minutes** MAKES **4 servings**

- **4 boneless pork loin chops, cut ¾ to 1 inch thick**
- **Salt**
- **Ground black pepper**
- **2 tablespoons butter**
- **1 medium red apple, cored and thinly sliced**
- **¼ cup pecan halves**
- **2 tablespoons packed brown sugar**

1 Trim fat from chops. Sprinkle chops with salt and pepper; set aside.

2 In a large skillet melt butter over medium heat until it sizzles. Add apples; cook and stir for 2 minutes. Push apples to side of skillet. Add chops; cook for 4 minutes. Turn chops, moving apples aside as needed. Spoon apples over chops. Sprinkle with pecans and brown sugar.

3 Cook, covered, for 4 to 8 minutes more or until chops are slightly pink in centers and juices run clear (160°F). Serve apples and cooking juices over chops.

NUTRITION FACTS PER SERVING:
250 cal., 13 g total fat (5 g sat. fat), 66 mg chol., 360 mg sodium, 12 g carb., 1 g dietary fiber, 22 g protein.

Pork Chops and Squash

START TO FINISH 25 minutes MAKES 4 servings

- 4 bone-in pork loin chops, cut ¾ inch thick
- 4 small zucchini and/or yellow summer squash, halved lengthwise
- 1 tablespoon olive oil
- Salt
- Ground black pepper
- 1 orange, peeled and chopped
- ½ cup chipotle salsa

1 Brush chops and squash lightly with olive oil; sprinkle with salt and pepper. For a charcoal grill, grill chops and squash, cut sides down, directly over medium coals until chops are slightly pink in centers and juices run clear (160°F) and squash are tender, turning once halfway through grilling. Allow 11 to 13 minutes for chops and 6 to 8 minutes for squash. (For gas grill, preheat grill. Reduce heat to medium. Place chops and squash, cut sides down, on grill rack over heat. Cover and grill as above.)

2 Meanwhile, stir together chopped orange and salsa. Cut grilled squash into bite-size pieces; serve with chops. Spoon orange mixture over chops.

NUTRITION FACTS PER SERVING:
268 cal., 14 g total fat (4 g sat. fat), 78 mg chol., 340 mg sodium, 10 g carb., 3 g dietary fiber, 26 g protein.

Smoked Pork Chops with Mustard-Dill Sauce

START TO FINISH **25 minutes** MAKES **6 servings**

- **6 smoked pork loin chops, cut 1 inch thick**
- **3 tablespoons packed brown sugar**
- **3 tablespoons cider vinegar or white wine vinegar**
- **½ cup Dijon-style mustard**
- **3 tablespoons olive oil**
- **½ teaspoon dried dill**
- **Dash ground black pepper**

1 Preheat broiler. Place chops on the unheated rack of a broiler pan. Broil 3 to 4 inches from the heat for 9 to 12 minutes or until heated through, turning once halfway through broiling.

2 Meanwhile, for sauce, in a small bowl combine brown sugar and vinegar, stirring until sugar dissolves. Whisk in mustard, oil, dill, and pepper until well mixed. Transfer warm chops to a serving platter. Drizzle chops with some of the sauce. Pass the remaining sauce.

NUTRITION FACTS PER SERVING:
208 cal., 11 g total fat (2 g sat. fat), 45 mg chol., 1,453 mg sodium, 7 g carb., 0 g dietary fiber, 15 g protein.

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Apricot-Glazed Pork Chop Skillet

START TO FINISH **25 minutes** MAKES **4 servings**

- **1 to 1½ pounds boneless pork sirloin chops, cut ½ inch thick**
- **⅛ teaspoon salt**
- **⅛ teaspoon ground black pepper**
- **1 tablespoon olive oil**
- **2 medium apricots, cut into thin wedges**
- **1 teaspoon snipped fresh rosemary**
- **¼ cup reduced-sodium chicken broth**
- **2 tablespoons orange juice**
- **1 tablespoon apricot spreadable fruit**
- **1 tablespoon reduced-sodium teriyaki sauce**

1 Trim fat from chops, if necessary. Sprinkle chops with salt and pepper. In a 12-inch skillet heat oil over medium-high heat. Add chops to skillet. Reduce heat to medium; cook for 8 to 10 minutes or until slightly pink in centers and juices run clear (160°F), turning once halfway through cooking and adding apricots and rosemary to the skillet for the last 3 minutes of cooking. Turn apricots occasionally during cooking. Transfer chops and apricots to a serving platter; cover and keep warm.

2 In a small bowl combine broth, orange juice, spreadable fruit, and teriyaki sauce. Add to hot skillet, stirring to scrape up any browned bits. Bring to boiling; reduce heat. Simmer, uncovered, about 1 minute or until slightly thickened. Serve over chops and apricots.

NUTRITION FACTS PER SERVING:
201 cal., 8 g total fat (2 g sat. fat), 71 mg chol., 230 mg sodium, 6 g carb., 0 g dietary fiber, 25 g protein.

Glazed Teriyaki Pork Chops with Potatoes

START TO FINISH **30 minutes** MAKES **4 servings**

- **4 boneless pork loin chops, cut ¾ inch thick**
- **¼ cup teriyaki glaze**
- **12 ounces tiny new potatoes, quartered**
- **1 tablespoon olive oil**
- **1 tablespoon toasted sesame oil**
- **¼ teaspoon salt**
- **⅛ teaspoon ground black pepper**
- **1 cup fresh snow pea pods, halved lengthwise**
- **Teriyaki glaze**

1 Preheat broiler. Brush all sides of chops with ¼ cup teriyaki glaze. Arrange chops on half of the unheated rack of a broiler pan; set aside.

2 In a large bowl add potatoes, olive oil, sesame oil, salt, and pepper; toss to coat. Arrange potatoes in a single layer on rack next to chops.

3 Broil 4 inches from heat for 9 to 11 minutes or until chops are slightly pink in centers and juices run clear (160°F) and potatoes are tender, turning chops and potatoes once.

4 Place pea pods in a large bowl. Add potatoes and toss to combine. Serve chops with potatoes and pea pods. Pass additional teriyaki glaze.

NUTRITION FACTS PER SERVING:
394 cal., 15 g total fat (4 g sat. fat), 86 mg chol., 626 mg sodium, 23 g carb., 2 g dietary fiber, 38 g protein.

Skillet Pork Chops with Apples

START TO FINISH 25 minutes MAKES 4 servings

- 4 **boneless pork loin chops, cut ¾ inch thick (about 1¼ pounds total)**
- **Salt**
- **Ground black pepper**
- 2 **tablespoons canola oil**
- 2 **medium onions, sliced and separated into rings (about 1 cup)**
- 1 **teaspoon dried marjoram, crushed**
- 2 **to 4 teaspoons coarse-grain brown mustard or Dijon-style mustard**
- 2 **red and/or green cooking apples, cored and cut into thin wedges**

1 Season pork chops with salt and pepper. In a large skillet heat oil over medium-high heat. Add chops; cook for 4 minutes, turning once. Remove chops from skillet, reserving drippings in skillet.

2 Cook onion rings in reserved drippings over medium heat for 4 to 5 minutes or until crisp-tender, stirring occasionally. Reduce heat to medium low. Sprinkle onions with about half of the marjoram. Place chops on onions in skillet. Spread mustard over chops. Arrange apple wedges around and on top of chops; sprinkle chops and apples with the remaining marjoram.

3 Cook, covered, for 5 to 8 minutes or until chops are slightly pink in centers and juices run clear (160°F). Serve apples, onions, and cooking juices with chops.

NUTRITION FACTS PER SERVING:

313 cal., 12 g total fat (2 g sat. fat), 94 mg chol., 278 mg sodium, 18 g carb., 3 g dietary fiber, 33 g protein.

tip

Certain kinds of apples are better for cooking than others because they keep their shape and don't turn mushy when exposed to heat. Good apple options for this skillet dish include Golden Delicious, Granny Smith, Jonathan, or Rome Beauty.

Southwest Pork Chops

START TO FINISH **30 minutes** MAKES **6 servings**

- **6 bone-in pork rib chops, cut ¾ inch thick (about 2½ pounds total)**
- **Nonstick cooking spray**
- **1 15-ounce can Mexican-style or Tex-Mex-style chili beans**
- **1 cup salsa**
- **1 cup frozen whole kernel corn**
- **3 cups hot cooked rice**
- **Snipped fresh cilantro (optional)**

1 Trim fat from chops. Coat an unheated 12-inch nonstick skillet with cooking spray. Heat skillet over medium-high heat. Add chops, three at a time if necessary; cook about 4 minutes or until brown, turning once. Remove chops from skillet.

2 Add chili beans, salsa, and corn to skillet; stir to combine. Place chops on top of bean mixture. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until chops are slightly pink in centers and juices run clear (160°F). Serve over hot cooked rice. If desired, sprinkle with cilantro.

NUTRITION FACTS PER SERVING:
379 cal., 10 g total fat (3 g sat. fat), 71 mg chol., 490 mg sodium, 38 g carb., 5 g dietary fiber, 33 g protein.

Pork Chops with Black Bean Salsa

START TO FINISH **30 minutes** MAKES **4 servings**

- **4 bone-in pork loin chops, cut 1¼ inches thick (about 3 pounds total)**
- **1 teaspoon Jamaican jerk seasoning or Cajun seasoning**
- **⅛ teaspoon ground black pepper**
- **¾ cup canned black beans, rinsed and drained (½ of a 15-ounce can)**
- **⅔ cup corn relish**
- **1½ teaspoons lime juice**
- **¼ teaspoon ground cumin**
- **Sour cream (optional)**

1 Preheat broiler. Trim fat from chops. Sprinkle Jamaican jerk seasoning and pepper evenly over all sides of chops; rub in with your fingers. Place chops on the unheated rack of a broiler pan. Broil 3 to 4 inches from the heat for 16 to 20 minutes or until slightly pink in centers and juices run clear (160°F), turning once halfway through broiling.

2 Meanwhile, for salsa, in a small bowl combine black beans, corn relish, lime juice, and cumin. Serve chops with salsa and, if desired, sour cream.

NUTRITION FACTS PER SERVING:

442 cal., 9 g total fat (3 g sat. fat), 185 mg chol., 457 mg sodium, 20 g carb., 2 g dietary fiber, 66 g protein.

Grilled Pork Chops with Chile Rub and Chutney

START TO FINISH 30 minutes MAKES 4 servings

- 1 tablespoon olive oil
- 1 medium sweet onion, such as Vidalia or Maui, thinly sliced
- ½ teaspoon cumin seeds
- ¼ teaspoon sea salt
- 4 bone-in pork loin chops,* cut ¾ inch thick (about 2 pounds total)
- 1 large canned chipotle chile pepper in adobo sauce, finely chopped**
- 2 oranges, peeled, seeded, and sectioned
- ¼ cup orange juice

1 In a large skillet heat olive oil over medium heat. Add onion, cumin seeds, and sea salt. Cook for 12 to 15 minutes or until onion is tender and golden, stirring occasionally.

2 Meanwhile, trim fat from chops. Rub chile pepper onto chops.** For a charcoal grill, grill chops on the rack of an uncovered grill directly over medium coals for 11 to 13 minutes or until chops are slightly pink in centers and juices run clear (160°F), turning once halfway through grilling. (For a gas grill, preheat grill; reduce heat to medium. Place chops on grill rack over heat. Cover and grill as above.)

3 Stir orange sections and orange juice into onion mixture. Heat to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally. Serve over grilled chops.

NUTRITION FACTS PER SERVING:
289 cal., 14 g total fat (4 g sat. fat), 78 mg chol., 207 mg sodium, 16 g carb., 3 g dietary fiber, 25 g protein.

***tip**

If using pork chops that have not been injected with a sodium solution, sprinkle chops with ¼ teaspoon salt before grilling.

****tip**

Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

Grilled Pork Tenderloin with Pineapple-Bean Salsa

START TO FINISH **30 minutes** MAKES **4 servings**

- **1** **1¼-pound pork tenderloin**
- **¾** **cup light lime vinaigrette dressing**
- **½** **teaspoon ground cumin**
- **1** **10-ounce can pineapple tidbits (juice-pack), drained**
- **1** **cup canned black beans, rinsed and drained**
- **½** **of a red sweet pepper, finely chopped**
- **⅛** **teaspoon salt**
- **⅛** **teaspoon ground black pepper**

1 Place tenderloin in a large resealable plastic bag. In a glass measuring cup whisk together vinaigrette and cumin. Pour ½ cup of the vinaigrette mixture into bag with pork; reserve the remaining vinaigrette mixture to use in salsa. Let pork stand at room temperature while heating grill.

2 Drain pork, discarding marinade. For a charcoal grill, grill pork over medium-hot coals about 18 minutes or until slightly pink in center and juices run clear (160°F), turning frequently. (For a gas grill, preheat grill. Reduce heat to medium-high. Place pork on grill rack over heat. Cover and grill as above.)

3 Meanwhile, for salsa, in a small bowl stir together pineapple, black beans, sweet pepper, salt, and black pepper. Stir in the reserved vinaigrette mixture. Serve salsa with pork.

NUTRITION FACTS PER SERVING:
290 cal., 10 g total fat (3 g sat. fat), 94 mg chol., 763 mg sodium, 25 g carb., 4 g dietary fiber, 32 g protein.

Ginger Pork Stir-Fry

START TO FINISH 30 minutes MAKES 4 servings

- 1 tablespoon vegetable oil
- 1 small onion, cut into thin wedges
- 2 cloves garlic, minced
- 8 ounces boneless pork loin, cut into bite-size strips, or cubed firm tofu (fresh bean curd)
- 2 medium carrots, thinly bias-sliced
- 1½ cups fresh snow pea pods
- 1 tablespoon sesame seeds
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon grated fresh ginger
- 1 teaspoon toasted sesame oil
- ¼ to ½ teaspoon crushed red pepper
- ¼ cup plum sauce
- ¼ cup water
- 2 to 3 cups hot cooked cellophane noodles, rice vermicelli noodles, or rice
- Snipped fresh cilantro and/or chopped roasted cashews (optional)

1 In a wok or large skillet heat vegetable oil over medium-high heat. Add onion and garlic. Cook for 2 minutes. Add pork and carrots; cook for 2 minutes more. Add pea pods and sesame seeds; cook and stir for 3 minutes. Add soy sauce, ginger, sesame oil, and crushed red pepper. Cook and stir for 1 minute. Stir in plum sauce and the water; heat through.

2 Serve over hot cooked noodles. If desired, top with cilantro and/or cashews.

NUTRITION FACTS PER SERVING:

326 cal., 13 g total fat (3 g sat. fat), 34 mg chol., 418 mg sodium, 37 g carb., 3 g dietary fiber, 14 g protein.

Pork and Hash Brown Skillet

START TO FINISH **30 minutes** MAKES **4 servings**

- **4 4-ounce boneless pork loin chops, cut ¾ inch thick**
- **¾ teaspoon seasoned salt**
- **2 tablespoons vegetable oil**
- **⅓ cup chopped onion (1 small)**
- **1 medium red sweet pepper, cut into ¾-inch pieces**
- **3 cups frozen diced hash brown potatoes**
- **2 cups frozen peas and carrots**
- **1 teaspoon dried thyme, crushed**

1 Sprinkle all sides of chops evenly with ½ teaspoon of the seasoned salt. In a very large skillet heat 1 tablespoon of the oil over medium-high heat. Add chops; cook about 6 minutes or until brown, turning once halfway through cooking. Remove chops from skillet.

2 Carefully add the remaining 1 tablespoon oil to skillet. Add onion and sweet pepper; cook and stir for 1 minute. Stir in potatoes, peas and carrots, thyme, and the remaining ¼ teaspoon seasoned salt. Cook for 6 minutes, stirring frequently.

3 Place chops on top of potato mixture in skillet. Reduce heat to medium. Cook, covered, for 6 to 9 minutes or until chops are slightly pink in centers and juices run clear and potatoes are brown.

NUTRITION FACTS PER SERVING:
406 cal., 15 g total fat (3 g sat. fat), 72 mg chol., 422 mg sodium, 39 g carb., 5 g dietary fiber, 29 g protein.

Thai Pork and Vegetable Curry

START TO FINISH **30 minutes** MAKES **4 servings**

- **1⅓ cups jasmine rice**
- **12 ounces pork tenderloin or lean boneless pork**
- **Salt**
- **Ground black pepper**
- **2 tablespoons vegetable oil**
- **8 ounces green beans, bias-sliced into 1½-inch pieces (2 cups)***
- **1 red sweet pepper, cut into thin bite-size strips**
- **2 green onions, bias-sliced into ¼-inch pieces**
- **1 14-ounce can unsweetened coconut milk**
- **4 teaspoons curry paste**
- **1 teaspoon sugar**
- **⅛ teaspoon crushed red pepper**
- **1 lime, cut into wedges**

1 Cook rice according to package directions; drain. Cover and keep warm.

2 Meanwhile, thinly slice pork into bite-size pieces. Sprinkle with salt and black pepper. In a large nonstick skillet heat 1 tablespoon of the oil over medium-high heat. Add pork; cook and stir about 4 minutes or until no pink remains. Remove from skillet.

3 Add the remaining 1 tablespoon oil to the skillet. Add green beans; cook and stir for 3 minutes. Add sweet pepper and green onions; cook and stir about 2 minutes more or until vegetables are crisp-tender. Remove from skillet. Add coconut milk, curry paste, sugar, and crushed red pepper to skillet. Bring mixture to boiling; reduce heat. Simmer, uncovered, about 2 minutes or until mixture is slightly thickened. Stir in pork and vegetables; heat through. Serve over hot cooked rice. Serve with lime wedges.

NUTRITION FACTS PER SERVING:
490 cal., 16 g total fat (5 g sat. fat), 47 mg chol., 593 mg sodium, 63 g carb., 3 g dietary fiber, 23 g protein.

Zucchini-Wrapped Pork

START TO FINISH 30 minutes OVEN 450°F MAKES 4 servings

- 1 small zucchini
- 12 ounces pork tenderloin
- Olive oil
- Salt
- Ground black pepper
- ⅓ cup basil pesto
- Small fresh basil leaves (optional)
- Watercress or arugula (optional)

1 Preheat oven to 450°F. Line a 15×10×1-inch baking pan with foil; set aside. With a vegetable peeler* or sharp knife, cut zucchini lengthwise into thin slices (you'll need eight slices). Cut pork tenderloin crosswise into four equal portions. Using the palm of your hand, press each pork portion down to flatten slightly.

2 Wrap each pork portion with two zucchini slices (reserve remaining zucchini for another use). Place in prepared pan. Lightly brush with oil; sprinkle with salt and pepper.

3 Roast for 18 to 20 minutes or until slightly pink in centers and juices run clear. To serve, spoon some of the pesto over each pork portion. If desired, sprinkle with basil leaves. Serve with the remaining pesto and, if desired, watercress.

NUTRITION FACTS PER SERVING:
203 cal., 11 g total fat (2 g sat. fat), 62 mg chol., 382 mg sodium, 4 g carb., 1 g dietary fiber, 21 g protein.

***tip**

A vegetable peeler works great for making the zucchini slices. If using a knife, first cut a thin lengthwise piece off so the zucchini lies flat and doesn't roll on the cutting board, then slice thinly.

Jamaican Pork Kabobs

START TO FINISH 30 minutes MAKES 4 servings

- **2 ears of corn, husked and cleaned, or 2 medium red and/or yellow sweet peppers, seeded and cut into 1-inch pieces**
- **1 12- to 14-ounce pork tenderloin**
- **¼ cup mango chutney, finely chopped**
- **3 tablespoons Pickapeppa sauce***
- **1 tablespoon vegetable oil**
- **1 tablespoon water**
- **16 baby pattypan squash (each about 1 inch in diameter) or 2 small zucchini or yellow summer squash, halved lengthwise and cut into 1-inch slices**
- **1 small red onion, cut into ½-inch wedges**

1 Preheat broiler. Cut ears of corn (if using) crosswise into 1-inch pieces. In a medium saucepan cook corn pieces in a small amount of boiling water for 3 minutes; drain and rinse with cold water.

2 Meanwhile, cut tenderloin into 1-inch slices. In a small bowl combine chutney, Pickapeppa sauce, oil, and the water; set aside.

3 For kabobs, on eight long metal skewers, alternately thread corn or sweet pepper pieces, pork slices, squash, and red onion wedges, leaving a ¼-inch space between pieces.

4 Place kabobs on the unheated rack of a broiler pan. Broil 3 to 4 inches from the heat for 12 to 14 minutes or until no pink remains and the vegetables are tender, turning once halfway through broiling and brushing with the chutney mixture for the last 2 minutes of broiling.

NUTRITION FACTS PER SERVING:
254 cal., 6 g total fat (1 g sat. fat), 50 mg chol., 264 mg sodium, 26 g carb., 3 g dietary fiber, 23 g protein.

*tip

If you can't find Pickapeppa sauce, substitute 3 tablespoons Worcestershire sauce mixed with a dash of bottled hot pepper sauce.

Pork Medallions with Broccoli Raab

START TO FINISH 25 minutes MAKES 4 servings

- 2 tablespoons butter
- 2 cups sliced fresh mushrooms
- 2 cups chopped broccoli raab, small broccoli florets, or chopped broccolini
- 12 ounces pork tenderloin
- Salt
- Ground black pepper
- 2 ounces prosciutto or thinly sliced ham, cut into bite-size strips
- ¼ cup balsamic vinegar
- 1 tablespoon packed brown sugar

1 In a large skillet heat 1 tablespoon of the butter over medium-high heat until melted. Add mushrooms and broccoli. Cook about 3 minutes or until crisp-tender, stirring occasionally. Remove vegetables from skillet; set aside.

2 Meanwhile, trim fat from pork; cut pork into ½-inch slices. Sprinkle pork slices with salt and pepper. Add the remaining 1 tablespoon butter to skillet. Add pork slices. Cook for 4 to 6 minutes or until juices run clear, turning once.

3 Add prosciutto, vinegar, brown sugar, and vegetables to skillet; heat through.

NUTRITION FACTS PER SERVING:
238 cal., 10 g total fat (5 g sat. fat), 80 mg chol., 559 mg sodium, 10 g carb., 0 g dietary fiber, 25 g protein.

Gorgonzola-Sauced Tortellini with Sausage

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 9-ounce package refrigerated spinach-cheese tortellini or three-cheese tortellini**
- **8 ounces bulk sweet or hot Italian sausage**
- **1½ cups cremini, stemmed shiitake, or button mushrooms, sliced (6 ounces)**
- **1 small onion, cut into thin wedges**
- **2 ounces Gorgonzola cheese, crumbled (½ cup)**
- **1 14.5-ounce can diced tomatoes with basil, garlic, and oregano, drained**
- **1 6-ounce jar marinated artichoke hearts, drained and quartered**
- **1 tablespoon finely shredded Parmesan cheese**
- **2 tablespoons thinly sliced fresh basil**

1 In a large saucepan cook pasta according to package directions; drain.

2 Meanwhile, in a 3-quart saucepan cook sausage, mushrooms, and onion until sausage is brown and onion is tender, using a wooden spoon to break up meat as it cooks. Drain off fat.

3 Add Gorgonzola cheese; cook and stir over low heat until melted. Gently stir in pasta, tomatoes, and artichokes; heat through. Sprinkle with Parmesan cheese and basil.

NUTRITION FACTS PER SERVING:
464 cal., 24 g total fat (11 g sat. fat), 71 mg chol., 1,384 mg sodium, 37 g carb., 3 g dietary fiber, 23 g protein.

Kielbasa and Sauerkraut Skillet

START TO FINISH **20 minutes** MAKES **4 servings**

- **1 pound cooked kielbasa, bias-sliced into 2-inch pieces**
- **1 small red onion, thinly sliced**
- **1 15-ounce can sauerkraut, undrained**
- **1 tablespoon coarse-grain brown mustard**
- **¼ to ½ teaspoon caraway seeds**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**

1 In a large skillet cook kielbasa pieces and red onion over medium heat just until onion is tender. Stir in sauerkraut, mustard, caraway seeds, salt, and pepper. Cook, covered, about 10 minutes or until heated through.

NUTRITION FACTS PER SERVING:
392 cal., 34 g total fat (16 g sat. fat), 50 mg chol., 1,755 mg sodium, 6 g carb., 2 g dietary fiber, 14 g protein.

Sausage and Polenta with Balsamic Vinaigrette

START TO FINISH **30 minutes** **Oven: 400°F** MAKES **4 servings**

- ½ **of a 16-ounce tube refrigerated cooked polenta (plain or flavored)**
- 1 **tablespoon olive oil**
- 4 **uncooked sweet Italian sausage links (about 1 pound total), each cut into 4 pieces**
- ½ **cup apple juice or apple cider**
- ¼ **cup balsamic vinegar**
- 2 **tablespoons snipped dried tomatoes (not oil-pack)**
- 1 **8-ounce package mixed salad greens**
- ¼ **cup pine nuts or slivered almonds, toasted (optional)**

1 Preheat oven to 400°F. Cut polenta crosswise into ¼-inch slices; cut each slice in half. Brush polenta with oil. Arrange in a single layer in a shallow baking pan. Bake about 15 minutes or until light brown, turning once halfway through baking.

2 Meanwhile, in a large skillet cook sausage pieces over medium heat for 5 minutes, turning to brown evenly. Remove sausage from skillet. Drain off fat; wipe skillet with paper towels.

3 Return sausage to skillet; add apple juice, vinegar, and dried tomatoes. Bring to boiling; reduce heat. Simmer, covered, for 8 to 10 minutes or until sausage is cooked through (160°F).

4 To serve, divide greens among four serving plates. Arrange polenta slices and sausage next to greens. Spoon tomato mixture over greens, polenta, and sausage. If desired, sprinkle with nuts.

NUTRITION FACTS PER SERVING:
380 cal., 22 g total fat (8 g sat. fat), 57 mg chol., 741 mg sodium, 23 g carb., 4 g dietary fiber, 15 g protein.

Polenta, a dish made from cooked cornmeal, is a staple in Italy. To drastically cut preparation time, look for tubes of cooked polenta, available in the refrigerated section of the market. Find it plain or in flavors such as Italian herb or sun-dried tomato.

Pork Loin with Parsnips and Pears

START TO FINISH **30 minutes** MAKES **4 servings**

- **1½ pounds boneless pork loin**
- **Salt**
- **Ground black pepper**
- **3 tablespoons Pickapeppa sauce or Worcestershire sauce**
- **1 tablespoon olive oil**
- **3 or 4 small parsnips, peeled and sliced**
- **2 pears, cored and sliced and/or chopped**
- **½ cup pear nectar or apple juice**
- **Fresh Italian (flat-leaf) parsley (optional)**

1 Cut pork into ½-inch slices; sprinkle lightly with salt and pepper. Brush with some of the Pickapeppa sauce.

2 In a 12-inch skillet heat oil over medium heat. Add pork slices; cook until brown, turning to brown evenly. Transfer to a plate; cover and keep warm.

3 In the same skillet cook parsnips and pears about 5 minutes or until parsnips are crisp-tender, stirring occasionally. Stir the remaining Pickapeppa sauce and the pear nectar into the skillet. Return pork to skillet; cook about 5 minutes more or until juices run clear. Remove pork and pear mixture to a serving platter. Continue to boil sauce, uncovered, until slightly thickened.

4 Pour sauce over pork and pear mixture. If desired, sprinkle with parsley.

NUTRITION FACTS PER SERVING:
399 cal., 15 g total fat (4 g sat. fat), 94 mg chol., 318 mg sodium, 28 g carb., 4 g dietary fiber, 38 g protein.

Glazed Ham with Vegetables

START TO FINISH **20 minutes** MAKES **4 servings**

- **2 medium sweet potatoes, peeled and cut into 1-inch cubes**
- **12 ounces Brussels sprouts, trimmed and halved**
- **2 tablespoons butter or margarine**
- **1 to 1¼ pounds sliced cooked ham, about ¼ inch thick**
- **½ cup apple butter**
- **2 tablespoons cider vinegar**
- **Baguette slices (optional)**
- **Salt**
- **Ground black pepper**

1 In a covered large saucepan cook sweet potatoes and Brussels sprouts in lightly salted boiling water for 8 to 10 minutes or just until tender. Drain.

2 Meanwhile, in a 12-inch skillet heat butter over medium-high heat until melted. Add ham; cook for 4 to 5 minutes or until brown, turning occasionally. Remove ham from skillet. Place ham and vegetables on serving plates; cover to keep warm.

3 In the same skillet stir together apple butter and vinegar; heat through. Serve apple butter mixture with ham, vegetables, and, if desired, baguette slices. Season to taste with salt and pepper.

NUTRITION FACTS PER SERVING:
513 cal., 16 g total fat (7 g sat. fat), 80 mg chol., 1,664 mg sodium, 70 g carb., 8 g dietary fiber, 23 g protein.

Bacon and Blue Cheese Dinner Pies

START TO FINISH **30 minutes** OVEN **400°F** MAKES **4 servings**

- **6 slices bacon**
- **1 8.5-ounce package corn muffin mix**
- **⅔ cup all-purpose flour**
- **1 teaspoon chili powder**
- **1 egg, lightly beaten**
- **¼ cup milk**
- **2 Granny Smith apples, cored and thinly sliced**
- **⅓ cup crumbled blue cheese**
- **Fresh thyme (optional)**

1 Preheat oven to 400°F. Grease two baking sheets; set aside. In a skillet cook bacon until crisp. Using a slotted spoon, remove bacon and drain on paper towels; reserve 1 tablespoon drippings. Chop bacon.

2 Meanwhile, in a medium bowl combine corn muffin mix, flour, and chili powder. Add egg and milk; stir until well mixed. Divide dough into four portions. Place two portions on each prepared baking sheet. Press each dough portion into a 6- to 7-inch circle.

3 Top each circle with a layer of apple slices, leaving a 1-inch border. Fold edges around apple slices. Brush apples and crusts with the reserved bacon drippings.

4 Bake for 10 minutes. Top with blue cheese and the bacon; bake for 5 to 7 minutes more or until edges are golden and centers of crusts are set. If desired, sprinkle with thyme.

NUTRITION FACTS PER SERVING:
524 cal., 19 g total fat (6 g sat. fat), 79 mg chol., 890 mg sodium, 72 g carb., 3 g dietary fiber, 15 g protein.

Spicy Apricot Lamb Chops

START TO FINISH **25 minutes** MAKES **4 servings**

- **8 lamb rib chops, cut 1 inch thick**
- **1 tablespoon packed brown sugar**
- **1 teaspoon garlic salt**
- **1 teaspoon chili powder**
- **1 teaspoon paprika**
- **½ teaspoon dried oregano, crushed**
- **¼ teaspoon ground cinnamon**
- **¼ teaspoon ground allspice**
- **¼ teaspoon ground black pepper**
- **¼ cup apricot preserves**

1 Preheat broiler. Trim fat from chops. In a small bowl combine brown sugar, garlic salt, chili powder, paprika, oregano, cinnamon, allspice, and pepper. Sprinkle spice mixture on all sides of the chops; rub in with your fingers.

2 Place chops on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 10 to 15 minutes or until medium (160°F), turning chops and spooning preserves over chops once halfway through broiling.

NUTRITION FACTS PER SERVING:
311 cal., 8 g total fat (3 g sat. fat), 119 mg chol., 345 mg sodium, 18 g carb., 1 g dietary fiber, 39 g protein.

Lamb with Two-Pepper Bulgur

START TO FINISH **30 minutes** MAKES **6 servings**

- **2 cups water**
- **1 cup bulgur**
- **½ cup chopped onion (1 medium)**
- **1 cup small fresh spinach leaves or shredded fresh spinach**
- **¾ cup chopped red sweet pepper (1 medium)**
- **2 teaspoons lemon-pepper seasoning**
- **½ teaspoon salt**
- **6 lamb loin chops, cut 1 inch thick (about 1¾ pounds total) or 6 boneless pork loin chops, cut 1 inch thick (about 2 pounds total)**

1 Preheat broiler. In a medium saucepan combine the water, bulgur, and onion. Bring to boiling; reduce heat. Simmer, covered, for 12 to 15 minutes or until bulgur is tender and most of the liquid is absorbed. Drain, if necessary. Stir in spinach, sweet pepper, 1 teaspoon of the lemon-pepper seasoning, and the salt. Cover and keep warm.

2 Meanwhile, trim fat from chops. Sprinkle chops with the remaining 1 teaspoon lemon-pepper seasoning. Place chops on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat until done, turning once halfway through broiling. For the lamb, allow 10 to 15 minutes for medium (160°F). For the pork, allow 9 to 11 minutes (160°F).

3 To serve, divide bulgur mixture among six dinner plates. Top with lamb or pork.

NUTRITION FACTS PER SERVING:
191 cal., 4 g total fat (1 g sat. fat), 49 mg chol., 602 mg sodium, 21 g carb., 5 g dietary fiber, 19 g protein.

Mediterranean Lamb Skillet

START TO FINISH **25 minutes** MAKES **4 servings**

- ½ **cup dried orzo pasta (rosamarina)**
- 8 **lamb rib chops, cut 1 inch thick**
- **Salt**
- **Ground black pepper**
- 2 **teaspoons olive oil**
- 3 **cloves garlic, minced**
- 1 **14.5-ounce can diced tomatoes with basil, garlic, and oregano, undrained**
- 1 **tablespoon balsamic vinegar**
- 2 **teaspoons snipped fresh rosemary**
- ⅓ **cup halved, pitted kalamata olives**
- 2 **tablespoons pine nuts, toasted**
- **Fresh rosemary sprigs (optional)**

1 Cook pasta according to package directions; drain and cover and keep warm. Meanwhile, trim fat from chops. Sprinkle chops with salt and pepper. In a large skillet heat oil over medium heat. Add chops; cook for 9 to 11 minutes or until medium (160°F), turning once halfway through cooking. Remove chops from skillet, reserving drippings in skillet. Keep chops warm.

2 Add garlic to the reserved drippings; cook and stir for 1 minute. Stir in tomatoes, vinegar, and the snipped rosemary. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Stir in cooked pasta and olives.

3 Spoon pasta mixture into four shallow bowls; arrange two chops in each bowl. Sprinkle with pine nuts and, if desired, garnish with rosemary sprigs.

NUTRITION FACTS PER SERVING:
678 cal., 51 g total fat (20 g sat. fat), 105 mg chol., 886 mg sodium, 28 g carb., 2 g dietary fiber, 27 g protein.

Chicken and Turkey

8

Farfalle with Chicken and Tomato Pesto

START TO FINISH 30 minutes MAKES 6 servings

- 8 ounces dried farfalle pasta (bow ties)
- 2 cups frozen peas, chopped roasted red sweet peppers, and/or chopped marinated artichoke hearts
- ½ cup oil-pack dried tomatoes, drained
- ⅓ cup olive oil
- ½ cup slivered almonds, toasted if desired
- 2 cloves garlic
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup freshly grated Parmesan cheese (1 ounce)
- 2 cups chopped or shredded purchased roasted chicken or cooked chicken
- ¼ cup snipped fresh basil
- Freshly grated Parmesan cheese (optional)

1 Cook pasta according to package directions, adding peas (if using) for the last 2 minutes of cooking. Drain, reserving ½ cup of the cooking water. Return pasta and peas to hot pan.

2 Meanwhile, for dried tomato pesto, in a food processor or blender combine dried tomatoes, oil, almonds, garlic, salt, and black pepper. Cover and process or blend until almost smooth. Add the ¼ cup Parmesan cheese. Cover and process or blend just until combined.

3 Add the ½ cup reserved cooking water, dried tomato pesto, and roasted red peppers and/or artichoke hearts (if using) to pasta in pan. Add chicken and basil. Toss gently to mix well. If desired, serve with additional Parmesan cheese.

NUTRITION FACTS PER SERVING:
484 cal., 27 g total fat (6 g sat. fat), 56 mg chol., 605 mg sodium, 40 g carb., 5 g dietary fiber, 23 g protein.

Rosemary-Maple Chicken Fettuccine

START TO FINISH **30 minutes** MAKES **5 servings**

- **10 ounces dried fettuccine**
- **5 skinless, boneless chicken breast halves (about 1½ pounds total)**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **1 tablespoon olive oil**
- **2 medium red, green, and/or yellow sweet peppers, seeded and cut into bite-size strips**
- **1 medium onion, sliced**
- **¾ cup reduced-sodium chicken broth**
- **1 tablespoon cornstarch**
- **1 teaspoon snipped fresh rosemary**
- **⅛ teaspoon ground black pepper**
- **¼ cup pure maple syrup or maple-flavor syrup**

1 Cook pasta according to package directions; drain. Set aside, cover and keep warm.

2 Meanwhile, sprinkle chicken with salt and the ¼ teaspoon black pepper. In a very large skillet heat oil over medium heat. Add chicken; cook for 10 to 12 minutes or until tender and no longer pink (170°F), turning once halfway through cooking. Remove chicken from skillet; cover and keep warm.

3 Increase heat to medium-high. Add sweet peppers and onion to skillet; cook and stir for 4 to 6 minutes or until vegetables are crisp-tender.

4 In a small bowl stir together broth, cornstarch, rosemary, and the ⅛ teaspoon black pepper. Add to skillet. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more; stir in maple syrup.

5 To serve, divide hot pasta among five serving plates or shallow bowls. Top with chicken. Spoon sweet peppers and sauce over chicken.

NUTRITION FACTS PER SERVING:

466 cal., 6 g total fat (1 g sat. fat), 79 mg chol., 285 mg sodium, 60 g carb., 2 g dietary fiber, 40 g protein.

Pasta Stackups with Chicken Sausage

START TO FINISH 30 minutes MAKES 4 servings

- 6 dried lasagna noodles
- 1 cup coarsely chopped dried tomatoes (not oil-pack)
- 6 cloves garlic, minced
- 2 tablespoons olive oil
- 1 pound cooked chicken sausage links, halved lengthwise and cut into large pieces
- 1 5-ounce package baby spinach
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- Shaved Parmesan cheese (optional)

1 Cook lasagna noodles according to package directions; drain, reserving 1 cup of the cooking water. In a medium bowl combine dried tomatoes and garlic; pour the 1 cup reserved cooking water over. Set aside.

2 Meanwhile, in a 12-inch skillet heat the oil over medium-high heat. Add sausage. Cook until lightly browned and heated through, turning occasionally. Add tomato mixture. Cook, uncovered, for 2 minutes. Stir in spinach, salt, and pepper; cover and remove from heat.

3 Cut each cooked lasagna noodle in half. To serve, layer noodles and sausage mixture onto serving plates. If desired, pass Parmesan cheese.

NUTRITION FACTS PER SERVING:
430 cal., 19 g total fat (4 g sat. fat), 97 mg chol., 1,074 mg sodium, 36 g carb., 4 g dietary fiber, 30 g protein.

Fast Chicken and Rice

START TO FINISH **15 minutes** MAKES **4 servings**

- ½ **cup frozen peas**
- 1 **8.8-ounce pouch cooked brown rice or white rice**
- 1 **tablespoon vegetable oil**
- 1 **pound chicken breast tenderloins, halved crosswise**
- ¼ **cup stir-fry sauce**
- 1 **2-ounce package oven-roasted sliced almonds**

1 Stir peas into rice in pouch. Heat in microwave according to rice package directions.

2 Meanwhile, in a large skillet heat oil over medium-high heat. Add chicken; cook and stir for 2 to 3 minutes or until tender and no longer pink. Stir rice mixture into chicken mixture. Stir in stir-fry sauce; heat through. Sprinkle with almonds.

NUTRITION FACTS PER SERVING:
311 cal., 9 g total fat (1 g sat. fat), 66 mg chol., 453 mg sodium, 25 g carb., 2 g dietary fiber, 31 g protein.

When handling raw chicken or turkey, practice safe handling techniques to avoid health risks.

- Set aside a cutting board exclusively for raw poultry and meat that will be cooked. Have another cutting board for breads and foods that don't need to be cooked.
- Wash work surfaces and utensils in hot, soapy water before and after handling poultry and meat to prevent the spread of bacteria. And wash hands immediately after handling raw meat or poultry.
- Serve cooked poultry and meat immediately; refrigerate leftovers within 2 hours.

Rice-Stuffed Peppers

START TO FINISH 30 minutes MAKES 4 servings

- **4 small (about 5 ounces each) or 2 large (about 8 ounces each) red and/or yellow sweet peppers**
- **Salt**
- **Ground black pepper**
- **1 cup 1-inch pieces asparagus or broccoli florets**
- **1 8.8-ounce pouch cooked long grain rice**
- **1 cup cubed cooked chicken**
- **½ cup finely shredded Parmesan or Romano cheese (2 ounces)**
- **¼ cup milk**
- **½ to 1 teaspoon dried oregano, crushed**
- **¼ teaspoon salt**
- **⅛ teaspoon ground black pepper**
- **¼ cup broken walnuts, toasted if desired**
- **Shaved or shredded Parmesan or Romano cheese (optional)**

1 Cut sweet peppers in half lengthwise. Remove seeds and membranes. If necessary, cut a thin slice from the bottom of each sweet pepper half so it stays upright. In a Dutch oven cook sweet peppers in enough boiling water to cover for 3 minutes; drain well. Place on a serving platter, cut sides up. Sprinkle lightly with salt and black pepper; set aside.

2 Meanwhile, for filling, in a covered medium saucepan cook asparagus in a small amount of boiling water for 1 to 2 minutes or just until tender. Drain; return to hot pan. Stir in rice, chicken, the ½ cup Parmesan cheese, the milk, oregano, the ¼ teaspoon salt, and the ⅛ teaspoon black pepper. Cook and stir over medium heat until heated through. Stir in walnuts.

3 Divide filling among sweet peppers. If desired, top with additional Parmesan cheese.

NUTRITION FACTS PER SERVING:
321 cal., 13 g total fat (4 g sat. fat), 43 mg chol., 581 mg sodium, 32 g carb., 5 g dietary fiber, 21 g protein.

Cinnamon Roasted Chicken with Pumpkin-Sage Grits

START TO FINISH 30 minute OVEN 400°F MAKES 4 servings

- 4 4- to 6-ounce skinless, boneless chicken breast halves
- 1 tablespoon vegetable oil
- 1½ teaspoons salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground black pepper
- 1½ cups water
- ⅔ cup instant grits (two 1-ounce packages)
- ½ cup canned pumpkin
- 1 tablespoon snipped fresh sage
- ⅓ cup shredded cheddar cheese
- Fresh sage leaves

1 Preheat oven to 400°F. Arrange chicken breast halves in 13×9×2-inch baking pan. Drizzle all sides of chicken with oil. Sprinkle chicken with 1 teaspoon of the salt, the cinnamon, and pepper; rub in with your fingers. Roast for 18 to 20 minutes or until tender and no longer pink (170°F).

2 Meanwhile, in a medium saucepan bring the water to boiling. Add grits, stirring until combined. Stir in pumpkin, snipped sage, and the remaining ½ teaspoon salt. Return to boiling; reduce heat. Cook, uncovered, for 5 to 7 minutes or until thickened, stirring frequently. Remove from heat; stir in cheese.

3 To serve, spoon grits onto four serving plates; top with chicken breast halves. Top with sage leaves.

NUTRITION FACTS PER SERVING:
253 cal., 8 g total fat (3 g sat. fat), 76 mg chol., 1,162 mg sodium, 14 g carb., 2 g dietary fiber, 30 g protein.

Indian-Spiced Chicken Pitas

START TO FINISH 30 minutes MAKES 4 pita halves

- 1 cup plain fat-free yogurt
- 1 teaspoon garam masala
- ½ teaspoon bottled hot pepper sauce
- ¼ teaspoon salt
- 12 ounces skinless, boneless chicken breast halves, cut into bite-size strips
- Nonstick cooking spray
- 2 whole wheat pita bread rounds, halved crosswise
- 1 cup refrigerated mango and papaya slices, drained and coarsely chopped*
- 1 tablespoon tiny fresh mint leaves

1 In a small bowl combine yogurt, garam masala, hot pepper sauce, and salt, reserving one-fourth of mixture in the refrigerator for serving. Pour the remaining yogurt mixture into a resealable plastic bag; add chicken. Seal bag; turn to coat chicken. Marinate in the refrigerator for 15 minutes. Drain chicken; discard marinade.

2 Coat an unheated large nonstick skillet with cooking spray. Heat skillet over medium heat. Add chicken to hot skillet; cook about 5 minutes or until tender and no longer pink, turning once.

3 To serve, divide chicken evenly among pita bread halves. Drizzle with the reserved yogurt mixture. Top with chopped fruit; sprinkle with fresh mint.

NUTRITION FACTS PER PITA HALF:
249 cal., 2 g total fat (0 g sat. fat), 51 mg chol., 430 mg sodium, 32 g carb., 3 g dietary fiber, 26 g protein.

*tip
Substitute peaches for mango, if desired.

Jerk Chicken and Pineapple Slaw

START TO FINISH **30 minutes** MAKES **4 servings**

- **3 heads baby bok choy, trimmed and thinly sliced**
- **2 cups shredded red cabbage**
- **½ of a peeled, cored fresh pineapple, coarsely chopped**
- **2 tablespoons cider vinegar**
- **4 teaspoons packed brown sugar**
- **2 teaspoons all-purpose flour**
- **2 teaspoons Jamaican jerk seasoning**
- **4 small skinless, boneless chicken breast halves**

1 For pineapple slaw, in a very large bowl combine bok choy, cabbage, and pineapple. In a small bowl stir together vinegar and 2 teaspoons of the brown sugar. Drizzle over bok choy mixture; toss to coat. Set aside.

2 In a large resealable plastic bag combine the remaining 2 teaspoons brown sugar, the flour, and jerk seasoning. Add chicken; shake well to coat.

3 On a lightly greased grill pan or 12-inch heavy skillet cook chicken over medium heat for 6 to 8 minutes or until tender and no longer pink (170°F), turning once. Remove chicken to cutting board.

4 Slice chicken; serve with pineapple slaw.

NUTRITION FACTS PER SERVING:
205 cal., 2 g total fat (0 g sat. fat), 66 mg chol., 318 mg sodium, 19 g carb., 3 g dietary fiber, 29 g protein.

Blackened Chicken with Avocado Salsa

START TO FINISH 25 minutes OVEN 375°F MAKES 4 servings

- 4 skinless, boneless chicken breast halves (about 1 pound total)
- 2 teaspoons blackened steak seasoning
- 1 tablespoon olive oil
- 2 tablespoons rice vinegar
- 2 tablespoons olive oil
- ¼ teaspoon ground cumin
- ⅛ teaspoon salt
- Dash ground black pepper
- 1 avocado, halved, seeded, peeled, and chopped
- ⅔ cup chopped fresh or refrigerated papaya
- ⅓ cup finely chopped red sweet pepper
- ¼ cup snipped fresh cilantro

1 Preheat oven to 375°F. Lightly sprinkle both sides of each chicken breast half with blackened steak seasoning.

2 In a large ovenproof skillet heat the 1 tablespoon oil over medium heat. Add chicken; cook until brown, turning to brown evenly. Bake about 15 minutes or until the chicken is tender and no longer pink (170°F). Do not turn.

3 Meanwhile, for salsa, in a large bowl whisk together rice vinegar, the 2 tablespoons oil, the cumin, salt, and black pepper. Add avocado, papaya, sweet pepper, and cilantro; toss together.

4 To serve, spoon some of the salsa over the chicken. Pass the remaining salsa.

NUTRITION FACTS PER SERVING:
323 cal., 17 g total fat (3 g sat. fat), 82 mg chol., 513 mg sodium, 7 g carb., 3 g dietary fiber, 34 g protein.

Chipotle Chile Chicken with Blueberry-Pepper Salsa

START TO FINISH 25 minutes OVEN 400°F MAKES 4 servings

- Nonstick cooking spray
- 2 tablespoons honey
- 1 tablespoon butter or margarine, melted
- 2 teaspoons finely chopped canned chipotle chile pepper in adobo sauce*
- 1 teaspoon dried oregano, crushed
- ½ teaspoon salt
- 4 skinless, boneless chicken breast halves (about 1¼ pounds total)
- 1½ cups frozen blueberries, thawed and drained
- 1 11-ounce can mandarin oranges, drained
- 3 tablespoons finely chopped red onion
- 1 teaspoon finely shredded lime peel
- 2 teaspoons lime juice

1 Preheat oven to 400°F. Coat a 13×9×2-inch baking pan with cooking spray; set aside. In a small bowl stir together 1 tablespoon of the honey, the melted butter, 1 teaspoon of the chile pepper, the oregano, and salt. Brush both sides of each chicken breast half with the chile pepper mixture. Arrange chicken in prepared pan. Bake for 15 to 20 minutes or until tender and no longer pink (170°F).

2 Meanwhile, for salsa, in a medium bowl combine blueberries, oranges, red onion, lime peel, lime juice, the remaining 1 tablespoon honey, and the remaining 1 teaspoon chile pepper. Serve salsa with chicken.

NUTRITION FACTS PER SERVING:
279 cal., 5 g total fat (2 g sat. fat), 90 mg chol., 420 mg sodium, 25 g carb., 2 g dietary fiber, 34 g protein.

***tip**

Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

Spicy Chicken with Fruit

START TO FINISH 30 minutes MAKES 4 servings

- **2 teaspoons Jamaican jerk seasoning**
- **2 fresh serrano chile peppers, seeded and finely chopped***
- **4 skinless, boneless chicken breast halves (about 1¼ pounds total)**
- **Nonstick cooking spray**
- **½ cup peach nectar**
- **3 green onions, cut into 1-inch pieces**
- **2 cups sliced peeled peaches**
- **1 cup sliced plums**
- **1 tablespoon packed brown sugar**
- **⅛ teaspoon salt**
- **½ cup pitted dark sweet cherries**
- **2 cups hot cooked brown rice**

1 In a small bowl combine jerk seasoning and half of the chopped chile peppers. Sprinkle seasoning mixture over all sides of chicken breast halves; rub in with your fingers.*

2 Lightly coat an unheated large nonstick skillet with cooking spray; heat skillet over medium heat. Add chicken. Cook for 8 to 10 minutes or until tender and no longer pink (170°F), turning once halfway through cooking. Transfer to a serving platter; cover and keep warm.

3 Add 2 tablespoons of the peach nectar and the green onions to skillet. Cook and stir for 2 minutes.

4 In a small bowl combine the remaining 6 tablespoons peach nectar, half of the peaches, half of the plums, the remaining chile peppers, the brown sugar, and salt. Add to skillet. Cook and stir over medium-high heat for 3 to 4 minutes or until slightly thickened and bubbly. Remove from heat. Stir in cherries and the remaining peaches and plums. Spoon over chicken. Serve with hot cooked rice.

NUTRITION FACTS PER SERVING:
372 cal., 3 g total fat (1 g sat. fat), 82 mg chol., 330 mg sodium, 48 g carb., 5 g dietary fiber, 37 g protein.

*tip

Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

Smoky Lime-Chicken-Succotash Skillet

START TO FINISH **25 minutes** MAKES **4 to 6 servings.**

- **1 lime**
- **1 16-ounce package frozen corn**
- **1 12-ounce package frozen shelled sweet soybeans (edamame) or one 16-ounce package frozen baby lima beans**
- **1¾ cups water**
- **1 2- to 2½-pound purchased roasted chicken, cut into serving-size pieces**
- **1 16-ounce jar chipotle salsa**

1 Finely shred peel from lime; juice lime. Set aside. In a very large skillet combine corn and edamame; add the water. Bring to boiling; reduce heat. Simmer, uncovered, for 5 to 6 minutes or just until edamame is tender. Stir in lime peel and lime juice.

2 Place chicken pieces on top of corn mixture. Pour salsa over all. Cook, covered, over medium heat about 10 minutes or until heated through.

NUTRITION FACTS PER SERVING:
621 cal., 28 g total fat (7 g sat. fat), 134 mg chol., 823 mg sodium, 41 g carb., 8 g dietary fiber, 58 g protein.

Time-saving packages of frozen vegetables such as corn, peas, and sweet soybeans (edamame) are as nutritious as fresh vegetables. They typically are frozen shortly after picking, locking in the flavor and nutrients.

Saucy BBQ Chicken

START TO FINISH 30 minutes MAKES 4 servings

- 8 small chicken drumsticks
- Vegetable oil
- 1 large onion, cut into 6 slices
- 1 cup ketchup
- ¼ cup molasses
- 3 to 4 tablespoons cider vinegar
- 2 tablespoons packed brown sugar
- 1 teaspoon smoked paprika
- Several dashes bottled hot pepper sauce
- Fresh Italian (flat-leaf) parsley (optional)

1 Preheat broiler. Arrange chicken on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 10 minutes.

2 Brush onion with oil. Remove pan from oven; turn chicken and move chicken to one side of the broiler pan. Arrange onion slices in a single layer on the other side of the pan. Broil about 15 minutes or until chicken is tender and no longer pink (180°F).

3 Meanwhile, for sauce, in a small saucepan combine ketchup, molasses, vinegar, brown sugar, smoked paprika, and hot pepper sauce. Bring to boiling over medium heat; cover and keep warm. Remove onions from pan. Broil chicken for 1 to 2 minutes more, brushing with some of the sauce during the last minute of broiling.

4 Chop two of the onion slices; stir chopped onion into sauce.

5 Serve chicken with the remaining four onion slices and sauce. If desired, garnish with parsley.

NUTRITION FACTS PER SERVING:

426 cal., 16 g total fat (4 g sat. fat), 118 mg chol., 802 mg sodium, 41 g carb., 1 g dietary fiber, 30 g protein.

tip

Cover and chill any remaining sauce; use within 3 days.

Extra Saucy Chicken Sandwiches

START TO FINISH **30 minutes** MAKES **6 servings**

- **2 tablespoons vegetable oil**
- **1 large onion, halved crosswise and thinly sliced**
- **2 pounds skinless, boneless chicken breast halves, cut into bite-size strips**
- **1 14- to 16-ounce jar cheddar cheese pasta sauce**
- **2 tablespoons Worcestershire sauce**
- **12 slices marble rye bread, toasted**
- **1 tomato, sliced**
- **12 slices bacon, crisp-cooked and drained (optional)**

1 In a very large skillet heat 1 tablespoon of the oil over medium-high heat. Add onion and half of the chicken; cook for 4 to 5 minutes or until chicken is no longer pink. Remove from skillet to a medium bowl. Add the remaining 1 tablespoon oil and the remaining chicken to skillet. Cook for 4 to 5 minutes more or until chicken is tender and no longer pink. Return chicken-onion mixture to skillet. Stir in pasta sauce and Worcestershire sauce; heat through.

2 To serve, spoon chicken and sauce mixture over half of the bread slices. Top with tomato slices and, if desired, bacon. Top with the remaining bread slices.

NUTRITION FACTS PER SERVING:
491 cal., 18 g total fat (5 g sat. fat), 114 mg chol., 1,084 mg sodium, 38 g carb., 4 g dietary fiber, 43 g protein.

Lemon-Ginger Chicken Thighs

START TO FINISH 30 minutes MAKES 4 servings

- 1 lemon
- 1 tablespoon grated fresh ginger
- ½ teaspoon salt
- 2 tablespoons honey
- 2 tablespoons water
- 1 tablespoon reduced-sodium soy sauce
- 8 bone-in chicken thighs
- 2 teaspoons vegetable oil
- Sliced green onions and/or lemon wedges (optional)

1 Finely shred peel from lemon; juice lemon. In a small bowl combine the lemon peel, ginger, and salt. In another small bowl combine lemon juice, honey, the water, and soy sauce.

2 Rub lemon peel mixture under the skin of the chicken thighs. In a 12-inch skillet heat oil over medium-high heat. Add chicken, skin sides down. Cook about 7 minutes or until well-browned. Turn chicken; add lemon juice mixture. Reduce heat; cover and cook for 14 to 18 minutes more or until chicken is tender and no longer pink (180°F).

3 Transfer chicken to plates. If desired, skim fat from pan juices. Drizzle chicken with pan juices. Top with green onions and/or serve with lemon wedges.

NUTRITION FACTS PER SERVING:

459 cal., 31 g total fat (8 g sat. fat), 158 mg chol., 567 mg sodium, 12 g carb., 1 g dietary fiber, 33 g protein.

Lickety-Split Lemon Chicken

START TO FINISH **30 minutes** MAKES **4 servings**

- **2 tablespoons butter or margarine**
- **12 ounces chicken breast tenderloins**
- **1 8-ounce package sliced mushrooms**
- **1 medium red sweet pepper, seeded and cut into strips**
- **2 tablespoons all-purpose flour**
- **1 14-ounce can chicken broth**
- **1 teaspoon finely shredded lemon peel**
- **2 tablespoons lemon juice**
- **1 teaspoon dried thyme, crushed**
- **Salt**
- **Ground black pepper**
- **1 14.8-ounce pouch cooked long grain rice**
- **Lemon wedges (optional)**

1 In a very large skillet heat butter over medium heat until melted. Add chicken; cook for 6 to 8 minutes or until tender and no longer pink, adding mushrooms and sweet pepper for the last 5 minutes of cooking. Stir in flour. Cook and stir for 1 minute more. Add broth, lemon peel, lemon juice, and thyme. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Season to taste with salt and black pepper.

2 Meanwhile, prepare rice according to package directions. Serve chicken mixture over rice. If desired, serve with lemon wedges.

NUTRITION FACTS PER SERVING:
361 cal., 10 g total fat (4 g sat. fat), 66 mg chol., 643 mg sodium, 41 g carb., 2 g dietary fiber, 25 g protein.

Rosemary Chicken with Vegetables

START TO FINISH 30 minutes MAKES 4 servings

- 4 skinless, boneless chicken breast halves (1¼ to 1½ pounds total)
- ½ teaspoon lemon-pepper seasoning
- 2 tablespoons olive oil
- 1 teaspoon bottled minced garlic
- 2 medium zucchini and/or yellow summer squash, cut into ¼-inch slices (2½ cups)
- ½ cup apple juice or apple cider
- 2 teaspoons snipped fresh rosemary or ½ teaspoon dried rosemary, crushed
- 4 ounces refrigerated linguine
- 2 tablespoons dry white wine
- 2 teaspoons cornstarch
- 12 cherry tomatoes, halved
- Fresh rosemary sprigs (optional)

1 Sprinkle chicken with lemon-pepper seasoning. In a large skillet heat oil over medium heat. Add chicken; cook for 8 to 10 minutes or until chicken is tender and no longer pink (170°F), turning once halfway through cooking. Transfer chicken to a serving platter; cover and keep warm.

2 Add garlic to hot skillet; cook for 15 seconds. Add zucchini and/or summer squash, apple juice, and snipped rosemary. Bring to boiling; reduce heat. Simmer, covered, for 2 minutes.

3 Meanwhile, cook pasta according to package directions; drain. In a small bowl combine wine and cornstarch. Add to zucchini mixture in skillet; cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Stir in tomato halves. Serve vegetables and pasta with chicken. If desired, garnish with rosemary sprigs.

NUTRITION FACTS PER SERVING:

356 cal., 10 g total fat (2 g sat. fat), 103 mg chol., 235 mg sodium, 27 g carb., 2 g dietary fiber, 38 g protein.

Nutty Chicken Stir-Fry

START TO FINISH **30 minutes** MAKES **6 servings**

- **2½ cups shredded cabbage**
- **1¼ cups sliced zucchini (1 medium)**
- **¾ cup red sweet pepper strips**
- **½ cup sliced carrot (1 medium)**
- **½ cup sliced onion (1 medium)**
- **1 tablespoon vegetable oil**
- **12 ounces skinless, boneless chicken breast halves, cut into 1-inch pieces**
- **½ cup stir-fry sauce**
- **½ teaspoon ground ginger**
- **3 to 4 cups hot cooked white rice or brown rice**
- **¾ cup chopped peanuts or cashews**

1 In a large bowl combine cabbage, zucchini, sweet pepper, carrot, and onion. In a large skillet or wok heat oil over medium-high heat. Add half of the vegetable mixture; cook and stir about 2 minutes or until crisp-tender. Remove cooked vegetables from skillet or wok. Repeat with the remaining vegetable mixture, adding more oil, if necessary.

2 If necessary, add more oil to skillet. Add chicken; cook and stir for 3 to 5 minutes or until tender and no longer pink. Push chicken to side of skillet. Add stir-fry sauce and ginger to center of skillet; cook and stir until bubbly. Return vegetables to skillet; stir in chicken from sides of skillet. Cook and stir about 1 minute or until heated through. Serve over rice. Sprinkle with nuts.

NUTRITION FACTS PER SERVING:
355 cal., 14 g total fat (2 g sat. fat), 33 mg chol., 816 mg sodium, 37 g carb., 5 g dietary fiber, 22 g protein.

Crunchy Chicken Strips

START TO FINISH 30 minutes OVEN 425°F MAKES 8 servings

- **Nonstick cooking spray**
- **7 cups bite-size cheddar fish-shape crackers or 14 cups pretzels (14 ounces pretzels)**
- **1½ cups bottled buttermilk ranch salad dressing**
- **2 pounds chicken breast tenderloins**
- **Bottled buttermilk ranch salad dressing (optional)**

1 Preheat oven to 425°F. Line two 15×10×1-inch baking pans with foil; lightly coat foil with cooking spray. Set aside.

2 Crush crackers or pretzels (you should have 5 cups crushed mixture); transfer to a shallow dish. Pour the 1½ cups ranch dressing into another shallow dish. Dip chicken tenderloins into the dressing, allowing excess to drip off; dip into cracker crumbs, turning to coat. Arrange chicken in a single layer on prepared pans. Lightly coat chicken with cooking spray.

3 Bake, uncovered, for 10 to 15 minutes or until tender and no longer pink (170°F), rotating pans halfway through baking. If desired, serve with additional ranch dressing.

NUTRITION FACTS PER SERVING:
582 cal., 35 g total fat (7 g sat. fat), 90 mg chol., 765 mg sodium, 34 g carb., 1 g dietary fiber, 33 g protein.

Chicken and Biscuit Pockets

START TO FINISH 30 minutes OVEN 400°F MAKES 5 servings

- **2 10.2-ounce packages (10 biscuits total) refrigerated large flaky biscuits**
- **1 cup finely chopped cooked chicken or turkey (about 5 ounces)**
- **⅔ cup coarsely shredded yellow summer squash**
- **½ cup shredded Monterey Jack or cheddar cheese (2 ounces)**
- **½ cup mayonnaise or salad dressing**
- **1 tablespoon honey mustard**

1 Preheat oven to 400°F. Separate biscuits; use the palm of your hand to flatten each to a 4-inch circle. Divide chicken, squash, and cheese among dough circles, placing fillings on one side of each dough circle. Fold the other sides of dough circles over fillings; pinch edges well to seal.* Arrange filled biscuits about 2 inches apart on an ungreased baking sheet. Bake about 12 minutes or until golden on top and edges are set.

2 Meanwhile, in a small bowl stir together mayonnaise and mustard. Serve as dipping sauce for warm biscuits.

NUTRITION FACTS PER SERVING:
626 cal., 39 g total fat (10 g sat. fat), 43 mg chol., 1,359 mg sodium, 48 g carb., 0 g dietary fiber, 19 g protein.

*tip
For a tighter seal, press edges with the tines of a fork.

Chicken Pot Pie

START TO FINISH **30 minutes** OVEN **450°F** MAKES **6 servings**

- ½ **of a 15-ounce package (1 crust) rolled refrigerated unbaked piecrust**
- 1 **10.75-ounce can condensed cream of onion soup**
- 2 **cups low-fat milk**
- 1 **8-ounce package reduced-fat cream cheese (Neufchâtel)**
- ⅓ **cup water**
- 1 **teaspoon dried sage, crushed**
- ¼ **teaspoon ground black pepper**
- 3 **cups chopped cooked chicken**
- 1 **16-ounce package frozen mixed vegetables**
- 1 **cup instant white rice**

1 Preheat oven to 450°F. Let piecrust stand at room temperature for 15 minutes as directed on package. Unroll piecrust onto a large baking sheet. Using a pizza cutter or sharp knife, cut piecrust into strips ½- to 1-inch wide. Separate strips slightly. Bake for 8 to 10 minutes or until golden.

2 Meanwhile, for filling, in a 4-quart Dutch oven combine soup, milk, cream cheese, the water, sage, and pepper. Cook and stir over medium-high heat until cream cheese melts. Stir in chicken, vegetables, and rice. Bring to boiling, stirring frequently; reduce heat. Simmer, covered, about 10 minutes or until vegetables and rice are tender, stirring occasionally.

3 Transfer filling to a serving dish. Top with pastry strips.

NUTRITION FACTS PER SERVING:
574 cal., 26 g total fat (11 g sat. fat), 104 mg chol., 728 mg sodium, 51 g carb., 4 g dietary fiber, 32 g protein.

Turkey and Bean Burritos

START TO FINISH 30 minutes OVEN 350°F MAKES 8 burritos

- 8 **8-inch flour tortillas**
- 12 **ounces uncooked ground turkey**
- 1 **cup chopped onion (1 large)**
- 2 **cloves garlic, minced**
- 1 **15-ounce can black beans or pinto beans, rinsed and drained**
- ½ **cup salsa**
- 2 **teaspoons chili powder**
- ½ **cup shredded cheddar cheese (2 ounces)**
- ½ **cup shredded lettuce**
- **Salsa (optional)**
- **Sour cream mixed with snipped fresh cilantro (optional)**

1 Preheat oven to 350°F. Stack tortillas; wrap in foil. Heat in the oven for 10 minutes to soften.

2 Meanwhile, for filling, in a large skillet cook turkey, onion, and garlic over medium heat until meat is brown and onion is tender, using a wooden spoon to break up meat as it cooks. Drain off fat. Stir beans, the ½ cup salsa, and the chili powder into turkey mixture in skillet; heat through.

3 Spoon about ⅓ cup of the filling onto each tortilla; top each with 1 tablespoon of the cheese and 1 tablespoon of the lettuce. Fold bottom edge up and over filling, just until covered. Fold in opposite sides. Roll up, tucking in sides.

4 If desired, serve burritos with additional salsa and/or sour cream mixed with snipped cilantro.

NUTRITION FACTS PER BURRITO:
231 cal., 8 g total fat (3 g sat. fat), 41 mg chol., 439 mg sodium, 25 g carb., 4 g dietary fiber, 15 g protein.

Layered Turkey Enchiladas

START TO FINISH 25 minutes OVEN 450°F MAKES 4 servings

- 1 tablespoon vegetable oil
- 1 pound turkey breast tenderloin, cut into bite-size strips
- 1 16-ounce package frozen (yellow, green, and red) sweet peppers and onion stir-fry vegetables
- 1 10-ounce can enchilada sauce
- ½ cup canned whole berry cranberry sauce
- Salt
- Ground black pepper
- 9 6-inch corn tortillas, halved
- 1 8-ounce package shredded Mexican blend cheese (2 cups)
- Lime wedges (optional)
- Fresh cilantro sprigs (optional)

1 Position oven rack in the top third of the oven. Preheat oven to 450°F. In an extra-large skillet heat oil over medium heat. Add turkey; cook about 4 minutes or until no longer pink. Add frozen vegetables, enchilada sauce, and cranberry sauce. Bring to boiling; remove from heat. Sprinkle to taste with salt and pepper.

2 In a 2-quart baking dish layer one-third of the tortillas and one-third of the cheese. Using a slotted spoon, top with half of the turkey-vegetable mixture. Layer one-third of the tortillas, one-third of the cheese, and the remaining turkey-vegetable mixture. Top with the remaining tortillas. Spoon sauce remaining in the skillet over layers in baking dish; sprinkle with the remaining cheese.

3 Bake about 5 minutes or until cheese is melted. Cut into squares. If desired, serve with lime and cilantro.

NUTRITION FACTS PER SERVING:
615 cal., 25 g total fat (11 g sat. fat), 120 mg chol., 1,171 mg sodium, 52 g carb., 6 g dietary fiber, 45 g protein.

Turkey Alfredo with Green Beans

START TO FINISH 20 minutes MAKES 4 servings

- 2 cups frozen whole green beans
- 12 ounces turkey breast tenderloin or skinless, boneless chicken breast halves
- 1 tablespoon canola oil
- 1 10-ounce container refrigerated Alfredo pasta sauce
- 4 English muffins or bagels, split and toasted

1 Cook the green beans according to package directions; drain. Cover and keep warm. Meanwhile, cut turkey into bite-size strips. In a large skillet heat oil over medium-high heat. Add turkey; cook for 3 to 4 minutes or until tender and no longer pink.

2 Stir Alfredo sauce into turkey; heat through. Place toasted English muffin or bagel halves on serving plates. Arrange green beans on top of English muffins or bagels. Spoon turkey and sauce over all.

NUTRITION FACTS PER SERVING:
441 cal., 19 g total fat (9 g sat. fat), 94 mg chol., 817 mg sodium, 36 g carb., 3 g dietary fiber, 30 g protein.

Turkey Salisbury Steaks

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 pound uncooked ground turkey**
- **1 envelope (half of a 2.2-ounce package) beefy onion soup mix**
- **2 tablespoons Worcestershire sauce**
- **2 teaspoons olive oil**
- **1 tablespoon butter or margarine**
- **1 clove garlic, minced**
- **2 cups sliced fresh mushrooms**
- **½ cup reduced-sodium chicken broth**
- **¼ cup dry red wine or reduced-sodium chicken broth**
- **¼ cup tomato paste**
- **Fresh thyme leaves (optional)**

1 In a large bowl stir together turkey, 2 tablespoons of the dry soup mix, and 1 tablespoon of the Worcestershire sauce. Shape turkey mixture into four ½-inch thick oval patties.

2 In a large skillet heat oil over medium-high heat. Add patties; cook about 3 minutes or until browned, turning once halfway through cooking. Remove from skillet; set aside.

3 In same skillet heat butter over medium-high heat until melted. Add garlic. Cook for 30 seconds. Add mushrooms. Cook and stir about 5 minutes or until tender. Add broth, wine, tomato paste, the remaining dry soup mix, and the remaining 1 tablespoon Worcestershire sauce, stirring to scrape up any browned bits.

4 Return patties to skillet; spoon sauce over patties. Cover and cook on medium-low heat about 8 minutes or until done (165°F),* spooning sauce over patties halfway through cooking. If desired, sprinkle with thyme.

NUTRITION FACTS PER SERVING:
285 cal., 15 g total fat (5 g sat. fat), 97 mg chol., 1,008 mg sodium, 12 g carb., 1 g dietary fiber, 23 g protein.

*tip

The internal color of a burger is not a reliable doneness indicator. A turkey patty cooked to 165°F is safe, regardless of color. To measure the doneness of a patty, insert an instant-read thermometer through the side of the patty to a depth of 2 to 3 inches.

Turkey Steaks with Pear and Blue Cheese

START TO FINISH 30 minutes **MAKES** 4 servings

- **2 turkey breast tenderloins (1 to 1¼ pounds total)**
- **1 teaspoon dried sage, crushed**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **1 tablespoon butter or margarine**
- **1 tablespoon olive oil**
- **1 large ripe pear, cored and thinly sliced**
- **2 cups fresh baby spinach**
- **¼ cup crumbled blue cheese (1 ounce)**

1 Horizontally split tenderloins to make four ½-inch steaks. Rub one side of each turkey steak with sage; sprinkle with salt and pepper. In an extra-large skillet heat butter and oil over medium-high heat. Add turkey steaks; cook for 14 to 16 minutes or until tender and no longer pink (170°F), turning once halfway through cooking. (If turkey browns too quickly, reduce heat to medium.) Remove from skillet, reserving the butter and oil in the skillet. Cover turkey and keep warm.

2 Add pear slices to hot skillet. Cook over medium heat about 2 minutes or until tender and lightly browned, stirring occasionally.

3 Serve turkey and pears over spinach; sprinkle with blue cheese.

NUTRITION FACTS PER SERVING:

247 cal., 10 g total fat (4 g sat. fat), 84 mg chol., 352 mg sodium, 9 g carb., 2 g dietary fiber, 30 g protein.

Turkey Saltimbocca

START TO FINISH **30 minutes** MAKES **4 servings**

- ¼ **cup all-purpose flour**
- ½ **teaspoon salt**
- ½ **teaspoon dried sage, crushed**
- ¼ **teaspoon ground black pepper**
- 4 **turkey cutlets or slices (about 12 ounces total)**
- 2 **tablespoons vegetable oil**
- 4 **slices cooked ham (about 3 ounces)**
- 4 **slices fontina or Swiss cheese (about 2 ounces)**
- ¼ **cup dry white wine**
- ¼ **cup reduced-sodium chicken broth**
- 2 **tablespoons snipped fresh Italian (flat-leaf) parsley (optional)**

1 In a shallow dish combine flour, salt, sage, and pepper; set aside.

2 Place each turkey cutlet between two pieces of plastic wrap. Using the flat side of a meat mallet, pound turkey lightly, working from the center to the edges, until about ¼ inch thick. Remove plastic wrap. Dip cutlets into flour mixture, turning to coat both sides; shake off excess.

3 In an extra-large nonstick skillet heat oil over medium-high heat. Add cutlets; cook about 2 minutes or until brown. Turn cutlets over; top with ham and cheese. Add wine and broth; cook about 2 minutes more or until cheese melts and sauce thickens.

4 Transfer cutlets to a serving platter. Spoon pan drippings over cutlets. If desired, garnish with parsley.

NUTRITION FACTS PER SERVING:
282 cal., 14 g total fat (4 g sat. fat), 66 mg chol., 774 mg sodium, 7 g carb., 1 g dietary fiber, 28 g protein.

Turkey Reuben Loaf

START TO FINISH 30 minutes OVEN 400°F MAKES 4 servings

- ½ cup mayonnaise or salad dressing
- ¼ cup sweet pickle relish
- 1 tablespoon ketchup
- 2 cups shredded cabbage
- 2 teaspoons vinegar
- 1 teaspoon caraway seeds
- ½ of an unsliced oblong loaf of bread
- 6 ounces Havarti cheese, sliced
- 8 ounces cooked turkey, sliced or chopped

1 Preheat oven to 400°F. For sauce, in a small bowl combine mayonnaise, pickle relish, and ketchup. In a medium bowl combine cabbage, vinegar, and caraway seeds.

2 Slice bread lengthwise. Remove some of the soft bread, reserving it for another use. Spread some of the sauce on cut sides of bread; reserve the remaining sauce for serving. Arrange half of the cheese slices on the bottom half of the bread. Top with cabbage mixture, turkey, and the remaining cheese. Top with the top half of the bread.

3 Wrap filled bread loaf tightly in foil; place on baking sheet. Bake for 10 minutes. Remove from oven; carefully unwrap. Bake for 2 to 3 minutes more or until bread is crisp and cheese is melted.

4 To serve, use a sharp serrated knife to cut loaf into slices. Pass the remaining sauce.

NUTRITION FACTS PER SERVING:
640 cal., 40 g total fat (13 g sat. fat), 85 mg chol., 931 mg sodium, 37 g carb., 5 g dietary fiber, 31 g protein.

Seafood

Broiled Salmon Orzo

START TO FINISH 30 minutes MAKES 4 servings

- 4 4- to 5-ounce fresh or frozen skinless salmon fillets
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- ⅓ cup dried orzo pasta (rosamarina)
- 1 tablespoon chopped pitted ripe olives
- 1 tablespoon snipped fresh parsley
- 1 teaspoon olive oil
- ½ teaspoon finely shredded lemon peel
- Lemon wedges

1 Preheat broiler. Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Place fish on the greased unheated rack of a broiler pan, tucking under any thin edges. Sprinkle with ⅛ teaspoon of the salt and half of the pepper. Set aside.

2 Cook pasta according to package directions; drain. Return to hot pan. Stir in olives, parsley, oil, lemon peel, the remaining ⅛ teaspoon salt, and the remaining pepper.

3 Meanwhile, broil fish about 4 inches from the heat for 4 to 6 minutes per ½-inch thickness or just until fish flakes easily when tested with a fork. (If fillets are 1 inch or more thick, carefully turn once halfway through broiling.)

4 Serve fish with pasta mixture and lemon wedges.

NUTRITION FACTS PER SERVING:
304 cal., 17 g total fat (4 g sat. fat), 62 mg chol., 220 mg sodium, 12 g carb., 1 g dietary fiber, 25 g protein.

To test fish for doneness, gently place the tines of a fork into the fish and twist the fork slightly. If ready, the fish should flake and easily pull apart.

Baked Mediterranean Cod and Asparagus

START TO FINISH **30 minutes** OVEN **475°F** MAKES **4 servings**

- **1½ pounds fresh or frozen skinless cod fillets, ½- to ¾-inch thick**
- **2 tablespoons olive oil**
- **Salt**
- **Ground black pepper**
- **1 pound asparagus spears, trimmed**
- **1 recipe Olive Relish**

1 Preheat oven to 475°F. Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut fish into four serving-size pieces, if necessary. Lightly coat a 15×10×1-inch baking pan with some of the olive oil. In one side of the pan arrange fish fillets, turning under any thin portions. Brush fish with 1 teaspoon of the remaining olive oil. Sprinkle fish with salt and pepper.

2 Bake for 5 minutes. Place asparagus in opposite side of pan; brush with the remaining olive oil and sprinkle with salt and pepper. Bake for 7 to 10 minutes more or until fish flakes easily when tested with a fork. Serve fish with Olive Relish and the asparagus.

NUTRITION FACTS PER SERVING:
257 cal., 12 g total fat (2 g sat. fat), 73 mg chol., 738 mg sodium, 5 g carb., 3 g dietary fiber, 32 g protein.

In a small bowl combine ¾ cup whole pimiento-stuffed olives, coarsely chopped; ⅓ cup chopped onion (1 small); ¼ cup snipped fresh Italian (flat-leaf) parsley; 2 tablespoons capers, drained; 1 small fresh jalapeño chile pepper, seeded and chopped;* and 1 tablespoon white wine vinegar. Season to taste with ground black pepper. Makes 1⅓ cups.

Lemony Cod with Asparagus

START TO FINISH **25 minutes** MAKES **4 servings**

- **1 pound fresh or frozen skinless cod or flounder fillets, about ½ inch thick**
- **4 soft breadsticks**
- **2 tablespoons butter or margarine, melted**
- **¼ teaspoon garlic salt**
- **12 ounces asparagus spears, trimmed**
- **1 tablespoon lemon juice**
- **½ teaspoon dried thyme, crushed**
- **⅛ teaspoon ground black pepper**
- **Lemon wedges, halved crosswise (optional)**

1 Thaw fish, if frozen. Preheat broiler. Place breadsticks on the unheated rack of a broiler pan. Brush with 1 tablespoon of the melted butter and sprinkle with the garlic salt. Broil 4 inches from heat for 1 to 2 minutes or until golden brown, turning breadsticks once. Remove from pan cover and keep warm.

2 Meanwhile, rinse fish; pat dry with paper towels. Arrange fish and asparagus in a single layer on the same broiler pan rack.

3 In a small bowl stir together the remaining 1 tablespoon butter and the lemon juice. Drizzle some of the butter mixture over fish; brush remaining butter mixture over asparagus. Sprinkle fish and asparagus with thyme and pepper.

4 Broil 4 inches from heat for 4 to 6 minutes or until fish flakes easily when tested with a fork and asparagus is crisp-tender, turning asparagus once. Serve fish and asparagus with breadsticks and, if desired, lemon wedges.

NUTRITION FACTS PER SERVING:

293 cal., 8 g total fat (4 g sat. fat), 64 mg chol., 454 mg sodium, 29 g carb., 3 g dietary fiber, 27 g protein.

Prosciutto-Wrapped Fish

START TO FINISH **30 minutes** MAKES **4 servings**

- **2 fresh or frozen skinless cod fillets, about ½ inch thick, or 4 skinless flounder, catfish, or trout fillets, about ¼ inch thick**
- **4 2-inch sprigs fresh rosemary or 2 teaspoons dried rosemary, crushed**
- **4 thin slices prosciutto or cooked ham**
- **3 tablespoons lemon juice**
- **Freshly ground black pepper**
- **2 medium roma tomatoes, halved lengthwise**
- **Olive oil**
- **1 19-ounce can cannellini beans (white kidney beans), rinsed and drained**
- **1 tablespoon olive oil**
- **1 clove garlic, minced**
- **2 teaspoons snipped fresh rosemary or ½ teaspoon dried rosemary, crushed**
- **¼ teaspoon smoked sea salt, crushed, or ⅛ teaspoon regular salt**

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut each fillet in half crosswise. If using cod, place a rosemary sprig on top of each fillet half or sprinkle with the 2 teaspoons dried rosemary. If using thinner fish fillets, place rosemary sprigs or sprinkle dried rosemary on half of the pieces and top with the remaining fish pieces to make 4 stacks. Wrap 1 slice of the prosciutto around cod fillet or fish stack. Sprinkle fish with 1 tablespoon of the lemon juice and the pepper. Set aside.

2 Heat a nonstick or well-seasoned grill pan over medium heat. Brush tomatoes lightly with oil. Add tomato halves to grill pan, cut sides down. Cook for 6 to 8 minutes or until tomatoes are very tender, turning once. Remove tomatoes from grill pan; set aside to cool slightly.

3 Place fish fillets on grill pan,* rosemary sprig sides up if fillets are not stacked. Cook for 4 to 6 minutes or until fish flakes easily when tested with a fork, turning once halfway through cooking.

4 Meanwhile, in a medium serving bowl gently toss together the remaining 2 tablespoons lemon juice, the beans, 1 tablespoon oil, garlic, 2 teaspoons snipped rosemary, and salt. Serve fish and grilled tomatoes with bean mixture.

NUTRITION FACTS PER SERVING:
276 cal., 7 g total fat (1 g sat. fat), 49 mg chol., 989 mg sodium, 21 g carb., 7 g dietary fiber, 39 g protein.

*tip

If the grill pan is large enough, tomatoes and fish may be grilled at the same time.

Cioppino with Basil Gremolata

START TO FINISH **25 minutes** MAKES **4 servings**

- **6 ounces fresh or frozen cod fillets**
- **6 ounces fresh or frozen peeled and deveined shrimp***
- **1 tablespoon olive oil or vegetable oil**
- **1 cup green sweet pepper strips (1 medium)**
- **1 cup chopped onion (1 large)**
- **2 cloves garlic, minced**
- **2 14.5-ounce cans Italian-style stewed tomatoes, undrained and cut up**
- **½ cup water**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **3 tablespoons snipped fresh basil**
- **1 tablespoon finely shredded lemon peel**
- **2 cloves garlic, minced**

1 Thaw cod and shrimp, if frozen. Rinse cod and shrimp; pat dry with paper towels. Cut cod into 1-inch pieces; set aside. In a large pot heat oil over medium heat. Add sweet pepper, onion, and 2 cloves minced garlic. Cook and stir until tender. Stir in tomatoes, the water, salt, and black pepper. Bring to boiling. Stir in cod and shrimp. Return to boiling; reduce heat. Simmer, covered, for 2 to 3 minutes or just until cod flakes easily when tested with a fork and shrimp are opaque.

2 In a small bowl combine basil, lemon peel, and 2 cloves minced garlic. Sprinkle each serving with basil mixture.

NUTRITION FACTS PER SERVING:
188 cal., 5 g total fat (1 g sat. fat), 83 mg chol., 921 mg sodium, 20 g carb., 5 g dietary fiber, 19 g protein.

*tip

shrimp; peel and devein shrimp, leaving tails intact.

Maple-Bourbon Glazed Salmon

START TO FINISH **30 minutes** MAKES **4 servings**

- 4 **4- to 5-ounce fresh or frozen skinless, salmon fillets**
- ⅓ **cup pure maple syrup or maple-flavor syrup**
- ⅓ **cup orange juice**
- 3 **tablespoons bourbon or orange juice**
- **Salt**
- **Ground black pepper**
- ¼ **cup coarsely chopped pecans or walnuts**

1 Thaw fish, if frozen. Preheat broiler. For glaze, in a small saucepan combine maple syrup, orange juice, and bourbon. Cook, uncovered, over medium heat for 5 minutes.

2 Meanwhile, rinse fish; pat dry with paper towels. Lightly sprinkle salmon with salt and pepper. Place on a lightly greased broiler pan. Broil 3 to 4 inches from heat for 5 minutes. Remove 2 tablespoons of the glaze and brush salmon on all sides. Turn salmon; broil about 5 minutes more or until salmon flakes easily when tested with a fork. Discard remainder of the glaze used to brush fish.

3 Stir pecans into the remaining glaze; cook over high heat about 5 minutes or until glaze reaches the consistency of syrup. Serve salmon topped with pecan mixture.

NUTRITION FACTS PER SERVING:
386 cal., 20 g total fat (4 g sat. fat), 62 mg chol., 215 mg sodium, 21 g carb., 1 g dietary fiber, 24 g protein.

Salmon with Roasted Vegetables

START TO FINISH 30 minutes OVEN 450°F MAKES 4 servings

- 4 **4- to 5-ounce fresh or frozen skinless salmon fillets, about 1 inch thick**
- **Nonstick cooking spray**
- 1 **tablespoon snipped fresh dill or 1 teaspoon dried dill**
- ½ **teaspoon salt**
- ¼ **teaspoon ground black pepper**
- 2 **medium zucchini and/or yellow summer squash, cut crosswise into ¼-inch slices (about 2½ cups)**
- 1 **cup grape tomatoes or cherry tomatoes, halved**
- 4 **green onions, cut into 1-inch pieces**
- 1 **tablespoon Dijon-style mustard**

1 Preheat oven to 450°F. Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Set aside. Line a 15×10×1-inch baking pan with foil; lightly coat foil with cooking spray. Set aside.

2 In a small bowl combine dill, salt, and pepper; set aside. In a large bowl combine zucchini, tomatoes, and green onions. Generously coat vegetables with cooking spray, tossing to coat evenly. Sprinkle with half of the dill mixture, tossing to coat evenly.

3 In one side of the foil-lined pan spoon vegetable mixture. Arrange fish in other side of pan. Stir mustard into the remaining dill mixture. Spread mustard-dill mixture evenly over fish.

4 Bake, uncovered, for 4 to 6 minutes per ½-inch thickness of fish or until fish flakes easily when tested with a fork and zucchini is crisp-tender.

NUTRITION FACTS PER SERVING:
239 cal., 12 g total fat (3 g sat. fat), 66 mg chol., 463 mg sodium, 6 g carb., 2 g dietary fiber, 24 g protein.

Salmon with Tropical Rice

START TO FINISH **30 minutes** MAKES **4 servings**

- **1** **1½-pound fresh or frozen skinless salmon fillet, about 1 inch thick**
- **2** **teaspoons olive oil**
- **1** **teaspoon lemon-pepper seasoning**
- **1** **8.8-ounce pouch cooked brown or white rice**
- **1** **medium mango,* peeled, seeded, and chopped**
- **1** **tablespoon snipped fresh cilantro**
- **1** **teaspoon finely shredded lemon peel**
- **Lemon wedges (optional)**
- **Fresh cilantro sprigs (optional)**

1 Thaw salmon, if frozen. Rinse fish; pat dry with paper towels. Preheat oven to 450°F. Grease a 3-quart rectangular baking dish; place fish in prepared dish. Drizzle oil over fish. Sprinkle with lemon-pepper seasoning.

2 In a medium bowl stir together cooked rice, mango, snipped cilantro, and lemon peel, breaking up rice with a spoon. Spoon rice mixture around fish. Bake, uncovered, about 15 minutes or until fish flakes easily when tested with a fork.

3 To serve, cut fish into four serving-size pieces. Serve fish on top of rice mixture. If desired, garnish with lemon wedges and cilantro sprigs.

NUTRITION FACTS PER SERVING:
462 cal., 22 g total fat (4 g sat. fat), 99 mg chol., 104 mg sodium, 27 g carb., 2 g dietary fiber, 36 g protein.

***tip**

Because the meat from the mango holds tightly to the seed, this fruit require a little effort before yielding its fragrant meat. An easy way to remove the meat is to make a cut through the mango, sliding a sharp knife next to the seed along one side. Repeat on the other side of the seed, resulting in two large pieces. Then cut away all of the meat that remains around the seed. Remove peel on all pieces and cut up the meat.

Salmon and Couscous Casserole

START TO FINISH **25 minutes** MAKES **4 servings**

- **1 cup water**
- **2 cloves garlic, minced**
- **⅔ cup whole wheat couscous**
- **1 14.75-ounce can salmon, drained, flaked, and skin and bones removed**
- **2 cups fresh baby spinach leaves**
- **½ cup bottled roasted red sweet peppers, drained and chopped**
- **⅓ cup bottled tomato bruschetta topper**
- **2 tablespoons purchased toasted almonds***

1 In a 2-quart microwave-safe casserole combine the water and garlic. Microwave, uncovered, on 100 percent power (high) for 2½ to 3 minutes or until mixture is boiling. Remove from microwave; stir in couscous. Spoon salmon on top of couscous mixture. Cover and let stand for 5 minutes.

2 Add spinach, roasted peppers, and bruschetta topper to couscous mixture. Toss to combine. Divide mixture among four serving plates. Top with almonds.

NUTRITION FACTS PER SERVING:
335 cal., 9 g total fat (2 g sat. fat), 41 mg chol., 616 mg sodium, 34 g carb., 6 g dietary fiber, 30 g protein.

***tip**

If you cannot find toasted almonds at the supermarket, you can easily prepare them at home. Spread slivered almonds in a single layer in a shallow baking pan. Bake in a 350°F oven for 5 to 10 minutes or until lightly toasted, stirring occasionally. Cool completely before using.

Simple Salmon, Greens, and Couscous

START TO FINISH **30 minutes** MAKES **4 servings**

- **Nonstick cooking spray**
- 4 **skinless salmon fillets, about 1 inch thick (about 1 pound total)**
- ¼ **teaspoon salt**
- ¼ **teaspoon ground black pepper**
- 2 **teaspoons reduced-sodium soy sauce**
- 1 **tablespoon olive oil**
- 3 **cups trimmed and coarsely chopped mustard greens or collard greens**
- 1 **14-ounce can chicken broth**
- 1 **cup couscous**
- **Lemon wedges (optional)**

1 Preheat oven to 450°F. Line a shallow baking pan with foil and lightly coat with cooking spray; set aside.

2 Sprinkle fish fillets with salt and pepper. Arrange fillets in prepared pan. Drizzle with soy sauce. Bake, uncovered, for 15 to 18 minutes or just until fish flakes easily when tested with a fork.

3 Meanwhile, heat oil in a 2-quart saucepan over medium heat. Stir in greens; cover and cook for 5 minutes or until greens are nearly tender, stirring once or twice. Add broth; bring to boiling.

4 Stir in couscous; remove from heat and let stand for 5 minutes.

5 Divide couscous mixture among four serving plates. Top with fish fillets. If desired, serve with lemon wedges.

NUTRITION FACTS PER SERVING:
603 cal., 16 g total fat (3 g sat. fat), 67 mg chol., 562 mg sodium, 74 g carb., 6 g dietary fiber, 37 g protein.

Salmon, Rice, and Pesto Salad

START TO FINISH **25 minutes** MAKES **4 servings**

- **1½ cups fresh sugar snap peas or 1-inch pieces fresh asparagus**
- **1 8.8-ounce pouch cooked long grain and wild rice**
- **¼ cup basil or dried tomato pesto**
- **¼ cup light mayonnaise or salad dressing**
- **1 8-ounce piece smoked salmon, flaked and skin and bones removed**
- **1 cup cherry tomatoes, halved**
- **⅓ cup thinly sliced radishes**
- **Lettuce leaves**

1 In a medium saucepan cook sugar snap peas in a small amount of boiling lightly salted water for 2 minutes; drain. Place in a bowl of ice water to chill; drain.

2 In a large bowl combine cooked rice, pesto, and mayonnaise. Gently stir in sugar snap peas, smoked salmon, tomatoes, and radishes. Arrange lettuce among dinner plates. Spoon salad on top of lettuce.

NUTRITION FACTS PER SERVING:
312 cal., 14 g total fat (3 g sat. fat), 23 mg chol., 892 mg sodium, 28 g carb., 3 g dietary fiber, 16 g protein.

Poached Salmon on Ciabatta

START TO FINISH **30 minutes** MAKES **4 sandwiches**

- ½ **cup dry white wine or water**
- ½ **cup water**
- 12 **ounces fresh or frozen skinless salmon fillet, about 1 inch thick**
- ¼ **cup tub-style whipped cream cheese with garlic and herbs**
- 2 **tablespoons fat-free milk**
- 1 **tablespoon snipped fresh dill**
- 1 **teaspoon finely shredded lemon peel**
- ⅛ **teaspoon cracked black pepper**
- 4 **2-ounce ciabatta rolls, split and toasted, if desired**
- 1 **cup fresh baby spinach**

1 In a large nonstick skillet combine wine and the water. Bring to boiling; add fish. Reduce heat. Cover and simmer for 8 to 12 minutes or just until fish flakes easily when tested with a fork. Remove fish from cooking liquid; discard liquid. Let fish cool to room temperature; break into large chunks.

2 Meanwhile, in a small bowl combine cream cheese, milk, dill, lemon peel, and cracked pepper. Spread cream cheese mixture on cut sides of the ciabatta rolls. Arrange spinach and fish chunks on bottoms of rolls. Add tops of rolls, spread sides down.

NUTRITION FACTS PER SANDWICH:
395 cal., 16 g total fat (5 g sat. fat), 57 mg chol., 458 mg sodium, 30 g carb., 2 g dietary fiber, 23 g protein.

Sesame-Teriyaki Sea Bass

START TO FINISH **25 minutes** MAKES **4 servings**

- **4 4-ounce fresh or frozen sea bass, rockfish, or other fish fillets, ½ to ¾ inch thick**
- **¼ teaspoon ground black pepper**
- **¼ cup sweet rice wine (mirin)**
- **3 tablespoons soy sauce**
- **2 teaspoons honey**
- **2 teaspoons vegetable oil**
- **2 teaspoons sesame seeds and/or black sesame seeds, toasted***

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Sprinkle fish with pepper; set aside.

2 For glaze, in a small saucepan combine rice wine, soy sauce, and honey. Bring to boiling; reduce heat. Simmer, uncovered, about 10 minutes or until glaze is slightly thickened and reduced to ⅓ cup; set aside.

3 Meanwhile, in a large nonstick skillet heat oil over medium heat. Add fish; cook 4 to 6 minutes per ½-inch thickness of fish or until fish is golden and flakes easily when tested with a fork, turning once. Drain fish on paper towels.

4 Transfer fish to a serving platter; drizzle glaze over fish. Sprinkle with sesame seeds.

NUTRITION FACTS PER SERVING:
181 cal., 5 g total fat (1 g sat. fat), 46 mg chol., 968 mg sodium, 11 g carb., 0 g dietary fiber, 22 g protein.

*tip

burn. Remove immediately from skillet.

Crispy Fish and Peppers

START TO FINISH **20 minutes** MAKES **4 servings**

- **1 pound fresh or frozen small fish fillets, such as grouper, catfish, or tilapia**
- **¾ cup buttermilk**
- **1 egg**
- **1 teaspoon Cajun seasoning**
- **1 cup all-purpose flour**
- **3 to 4 tablespoons vegetable oil**
- **1 cup sliced and/or chopped miniature sweet peppers**
- **1 lemon, cut into wedges**

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels.

2 In a shallow dish whisk together buttermilk, egg, and Cajun seasoning. Place flour into another shallow dish. Dip fish in buttermilk mixture, then into flour, turning to coat. Repeat twice to coat fish well.

3 In a large heavy skillet heat 3 tablespoons of the oil over medium-high heat. Carefully add fish to hot oil (working in batches, if necessary). Cook for 6 to 10 minutes or until golden, turning once halfway through cooking. Add more oil, if necessary. Drain fish on paper towels.

4 Drain oil from skillet; wipe skillet clean with paper towels. Add sweet peppers to skillet; cook about 2 minutes or until crisp-tender.

5 Serve fish with peppers and lemon.

NUTRITION FACTS PER SERVING:

251 cal., 13 g total fat (2 g sat. fat), 97 mg chol., 188 mg sodium, 8 g carb., 2 g dietary fiber, 26 g protein.

tip

The drier the fish, the easier it is for any buttermilk or egg wash mixture and flour coating to cling to the fish.

Pan-Fried Fish with Peppers and Pecans

START TO FINISH 25 minutes MAKES 4 servings

- **1 pound fresh or frozen thin white fish fillets, such as trout, tilapia, or catfish (skinned, if desired)**
- **1/3 cup all-purpose flour**
- **1/4 teaspoon salt**
- **6 tablespoons butter or margarine**
- **1 tablespoon packed brown sugar**
- **1/2 cup chopped pecans**
- **1/2 of a red sweet pepper, seeded and cut into strips**
- **1/8 teaspoon cayenne pepper**
- **Juice from 1 small lime**
- **Green onions, sliced**

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. If necessary, cut fish into serving-size pieces. In a shallow dish combine flour and salt. Dip fish into flour mixture to coat.

2 In a large skillet heat 3 tablespoons of the butter over medium-high heat until melted. Add fish in a single layer. Reduce heat to medium. Cook for 6 to 8 minutes or until golden and fish flakes easily when tested with a fork, turning once. Remove fish from skillet; cover and keep warm.

3 Wipe out skillet. Add the remaining 3 tablespoons butter to skillet; heat over medium heat until melted. Add brown sugar, stirring until dissolved. Stir in pecans, sweet pepper, and cayenne. Cook and stir for 3 to 4 minutes or until pecans are lightly toasted and pepper strips are just tender. Remove from heat. Stir in lime juice. Spoon pecan mixture over fish. Top with green onions.

NUTRITION FACTS PER SERVING:
364 cal., 24 g total fat (10 g sat. fat), 97 mg chol., 268 mg sodium, 11 g carb., 1 g dietary fiber, 26 g protein.

Thai-Style Tilapia and Vegetables

START TO FINISH **30 minutes** MAKES **4 servings**

- **4 4- to 6-ounce fresh or frozen skinless tilapia, cod, or other fish fillets, about ½ inch thick**
- **1 red sweet pepper, seeded and cut into thin, bite-size strips**
- **1 cup thin asparagus spears or green beans trimmed and cut into 2-inch pieces**
- **1 medium carrot, cut into thin, bite-size strips**
- **¼ teaspoon salt**
- **⅛ teaspoon ground black pepper**
- **¾ cup canned unsweetened light coconut milk**
- **2 teaspoons lime juice**
- **2 teaspoons fish sauce or soy sauce**
- **1 teaspoon grated fresh ginger or ½ teaspoon ground ginger**
- **⅛ to ¼ teaspoon crushed red pepper**
- **2 tablespoons chopped peanuts**
- **1 tablespoon snipped fresh cilantro**

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels.

2 Fill a 12-inch skillet with water to a depth of 1 inch. Bring water to boiling; reduce heat. Arrange sweet pepper, asparagus, and carrot in a steamer basket. Place fish on top of vegetables. Sprinkle fish and vegetables with salt and black pepper. Place steamer basket over the simmering water; cover and simmer gently for 6 to 8 minutes or until fish flakes easily when tested with a fork.

3 Meanwhile, for sauce, in a small saucepan combine coconut milk, lime juice, fish sauce, ginger, and crushed red pepper. Bring to boiling; reduce heat. Boil gently, uncovered, for 2 to 3 minutes or until slightly thickened.

4 Arrange fish and vegetables among dinner plates; drizzle with sauce and sprinkle with peanuts and cilantro.

NUTRITION FACTS PER SERVING:

173 cal., 5 g total fat (2 g sat. fat), 48 mg chol., 557 mg sodium, 8 g carb., 2 g dietary fiber, 23 g protein.

Tilapia Puttanesca

START TO FINISH 30 minutes MAKES 4 servings

- **1 pound fresh or frozen skinless tilapia fillets**
- **1/8 teaspoon salt**
- **1 tablespoon olive oil**
- **1/2 of a medium red onion, cut into wedges**
- **1 14.5-ounce can diced tomatoes, undrained**
- **2 cloves garlic, minced**
- **2 teaspoons dried oregano, crushed**
- **1/4 teaspoon crushed red pepper**
- **1/4 cup pitted ripe olives**
- **1 tablespoon capers, drained (optional)**
- **2 tablespoons coarsely snipped fresh Italian (flat-leaf) parsley**

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Sprinkle with salt; set aside.

2 For sauce, in a large skillet heat oil over medium heat. Add red onion; cook about 8 minutes or until tender, stirring occasionally. Stir in tomatoes, garlic, oregano, and crushed red pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes.

3 Add olives and, if desired, capers to sauce. Top with fish fillets. Return to boiling; reduce heat. Cook, covered, for 6 to 10 minutes or until fish flakes easily when tested with fork. Remove fish. Simmer sauce, uncovered, for 1 to 2 minutes more or until thickened. To serve, spoon sauce over fish. Sprinkle with parsley.

NUTRITION FACTS PER SERVING:

182 cal., 6 g total fat (1 g sat. fat), 56 mg chol., 431 mg sodium, 8 g carb., 2 g dietary fiber, 24 g protein.

Cumin-Spiced Fish Tacos

START TO FINISH 25 minutes OVEN 450°F MAKES 4 servings

- 12 ounces fresh or frozen skinless fish fillets
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground cumin
- ⅛ teaspoon garlic powder
- 1½ cups shredded lettuce
- 1 medium tomato, seeded and chopped
- 8 corn taco shells, warmed according to package directions
- ½ cup salsa

1 Thaw fish, if frozen. Preheat oven to 450°F. Grease a shallow baking pan; set aside. Rinse fish; pat dry with paper towels. Cut fish crosswise into ¾-inch slices. Place fish in a single layer in prepared baking pan. In a small bowl combine oil, salt, cumin, and garlic powder; brush over fish. Bake, uncovered, for 4 to 6 minutes or just until fish flakes easily when tested with a fork.

2 To serve, divide lettuce and tomato among taco shells; add fish slices and top with salsa.

NUTRITION FACTS PER SERVING:
322 cal., 19 g total fat (3 g sat. fat), 44 mg chol., 353 mg sodium, 21 g carb., 3 g dietary fiber, 17 g protein.

Add more flavor-packed interest to any tacos by offering a variety of topping options.

- Fresh fruit salsa made with kiwifruit, red onion, strawberries, mango, and green onion.
- Black bean salsa (black beans, tomato, corn, chopped jalapeño chile pepper, and cilantro) or other bean salsa.
- Coleslaw mix combined with a little mayonnaise and lime juice.
- Chopped fresh tomato and basil, cubed mozzarella cheese, and a drizzle of balsamic vinaigrette.
- Sweet pepper strips and mayonnaise mixed with a chopped chipotle chile pepper.
- Crumbled crisp-cooked bacon and a spoonful of mayonnaise.

Catfish and Slaw Tacos

START TO FINISH **30 minutes** MAKES **8 tacos**

- **1 pound fresh or frozen catfish fillets**
- **1 lime**
- **¼ cup mayonnaise or salad dressing**
- **½ teaspoon bottled hot pepper sauce**
- **½ of a small head cabbage, shredded (about 2½ cups)**
- **1 tablespoon Cajun seasoning**
- **¼ cup cornmeal**
- **¼ cup all-purpose flour**
- **¼ cup vegetable oil**
- **16 4-inch corn tortillas or eight 8-inch flour tortillas**
- **Lime wedges**
- **Bottled hot pepper sauce (optional)**

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut fish into 1-inch strips; set aside.

2 Meanwhile, for slaw, cut whole lime in half; squeeze about 3 tablespoons juice. In a medium bowl combine lime juice, mayonnaise, and the ½ teaspoon hot pepper sauce. Add cabbage; toss to coat. Set aside.

3 Toss fish strips with Cajun seasoning. In a large bowl combine cornmeal and flour. Add fish strips; toss to coat.

4 In a large skillet heat oil over medium heat. Cook fish strips, half at a time, in hot oil for 4 to 6 minutes or until golden and fish flakes easily when tested with a fork, turning to brown evenly. Remove from skillet.

5 Wrap tortillas in paper towels. Microwave on 100 percent power (high) for 1 minute (or toast in a dry skillet). If using corn tortillas, stack 2 for each taco, or use 1 flour tortilla for each taco. Divide fish and slaw among tortillas. Reserve any dressing left in bowl to serve with tacos. Serve tacos immediately with reserved dressing, lime wedges, and additional hot pepper sauce.

NUTRITION FACTS PER SERVING:
620 cal., 36 g total fat (5 g sat. fat), 59 mg chol., 300 mg sodium, 53 g carb., 3 g dietary fiber, 24 g protein.

Grilled Tuna Steaks and Vegetables

START TO FINISH **30 minutes** MAKES **4 servings**

- **4 5-ounce fresh or frozen tuna steaks, cut 1 inch thick**
- **2 tablespoons canola oil**
- **2 tablespoons lime juice**
- **½ teaspoon ground ancho chile pepper or chili powder**
- **¼ teaspoon ground cumin**
- **1 clove garlic, minced**
- **¼ teaspoon salt**
- **1 large zucchini, trimmed and halved lengthwise**
- **1 large red sweet pepper, seeded and quartered**
- **2 ¼-inch slices red onion**
- **2 tablespoons coarsely chopped walnuts, toasted**
- **Fresh cilantro**
- **Lime wedges**

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. In a small bowl whisk together oil, lime juice, ground chile pepper, cumin, garlic, and salt. Brush about half of the oil mixture onto both sides of each zucchini half, pepper quarter, and onion slice. Brush the remaining oil mixture on the tuna.

2 For a charcoal grill, grill fish and vegetables on the greased rack of an uncovered grill directly over medium coals for 8 to 12 minutes or just until fish flakes easily when tested with a fork and vegetables are crisp-tender, gently turning fish and vegetables once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place fish and vegetables on greased grill rack over heat. Cover and grill as above.)

3 Cut zucchini pieces crosswise in half and then cut lengthwise into thick slices. Cut pepper quarters lengthwise into thick slices. Using tongs, separate onion slices into rings.

4 To serve, place vegetables on dinner plates. Arrange tuna on top of vegetables; sprinkle with nuts. Garnish with cilantro. Pass lime wedges.

NUTRITION FACTS PER SERVING:
265 cal., 11 g total fat (1 g sat. fat), 63 mg chol., 209 mg sodium, 7 g carb., 2 g dietary fiber, 35 g protein.

Tuna Caponata

START TO FINISH **30 minutes** MAKES **4 servings**

- **12 ounces fresh or frozen tuna steaks, cut 1 inch thick**
- **5 tablespoons olive oil**
- **1 medium eggplant, peeled and cut into 1-inch pieces**
- **1 medium onion, cut into thin wedges**
- **3 cloves garlic, minced**
- **1 19-ounce can cannellini beans (white kidney beans), rinsed and drained**
- **1 8- or 9-ounce package frozen artichoke hearts, thawed and coarsely chopped**
- **1 cup chopped tomatoes (2)**
- **2 tablespoons red wine vinegar**
- **1 tablespoon capers, drained**
- **2 teaspoons snipped fresh rosemary**
- **1 teaspoon sugar**
- **½ teaspoon salt**
- **¼ teaspoon crushed red pepper**
- **¼ cup pine nuts, toasted**
- **Salt**
- **Ground black pepper**
- **Fresh rosemary sprigs and/or snipped fresh Italian (flat-leaf) parsley**

1 Thaw fish, if frozen. In a 12-inch skillet heat 4 tablespoons of the oil over medium-high heat. Add eggplant; cook about 5 minutes or until golden, stirring occasionally. Using a slotted spoon, remove eggplant from skillet; set aside.

2 Add the remaining 1 tablespoon oil to skillet. Add onion and garlic; cook over medium heat about 4 minutes or until onion is tender, stirring occasionally.

3 Stir in beans, artichokes, tomatoes, vinegar, capers, the snipped rosemary, the sugar, the ½ teaspoon salt, and crushed red pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally. Remove from heat; stir in eggplant and pine nuts. Cool to room temperature.

4 Meanwhile, rinse fish; pat dry with paper towels. Sprinkle tuna lightly with salt and black pepper. Preheat a greased grill pan over medium-high heat. Place tuna in grill pan. Cook for 8 to 12 minutes or just until tuna flakes easily when tested with a fork but is still slightly pink in center, turning once.

5 Arrange eggplant mixture on a serving platter. Arrange tuna on top of eggplant mixture. Garnish with rosemary sprigs and/or parsley. To serve, cut tuna into four serving-size pieces.

NUTRITION FACTS PER SERVING:
496 cal., 28 g total fat (4 g sat. fat), 32 mg chol., 784 mg sodium, 38 g carb., 16 g dietary fiber, 32 g protein.

Tuna and Biscuits

START TO FINISH **30 minutes** OVEN **400°F** MAKES **4 servings**

- **1 10-ounce container reduced-fat Alfredo pasta sauce**
- **1 10-ounce package frozen peas and carrots**
- **1 4-ounce can (drained weight) sliced mushrooms, drained**
- **1 teaspoon lemon juice**
- **¼ teaspoon dried dill**
- **1 12-ounce can tuna, drained and flaked**
- **1 cup packaged biscuit mix**
- **⅓ cup fat-free milk**
- **¼ cup shredded cheddar cheese (1 ounce)**

1 Preheat oven to 400°F. In a large ovenproof skillet combine pasta sauce, peas and carrots, mushrooms, lemon juice, and dill. Cook and stir over medium heat until bubbly and heated through. Stir in tuna; cover and keep warm.

2 In a medium bowl stir together biscuit mix, milk, and half of the cheese. Drop mixture into four mounds on top of tuna mixture. Sprinkle with the remaining cheese.

3 Bake for 12 to 15 minutes or until biscuits are golden.

NUTRITION FACTS PER SERVING:
487 cal., 20 g total fat (9 g sat. fat), 74 mg chol., 1,540 mg sodium, 46 g carb., 3 g dietary fiber, 33 g protein.

Greek Leeks and Shrimp Stir-Fry

START TO FINISH **30 minutes** MAKES **4 servings**

- **1¼ pounds fresh or frozen peeled and deveined medium shrimp**
- **⅔ cup water**
- **⅓ cup lemon juice**
- **1 tablespoon cornstarch**
- **¾ teaspoon bouquet garni seasoning or dried oregano, crushed**
- **1 cup quick-cooking couscous**
- **½ teaspoon dried oregano, crushed**
- **¼ teaspoon salt**
- **1½ cups boiling water**
- **1 tablespoon olive oil**
- **1⅓ cups thinly sliced leeks**
- **½ cup crumbled feta cheese (2 ounces)**

1 Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. Set aside.

2 In a small bowl combine the ⅔ cup water, the lemon juice, cornstarch, and ¼ teaspoon of the bouquet garni seasoning; set aside.

3 In another small bowl combine couscous, oregano, salt, and the remaining ½ teaspoon bouquet garni seasoning. Pour the 1½ cups boiling water over couscous mixture. Cover and let stand for 5 minutes.

4 Meanwhile, in a wok or 12-inch skillet heat oil over medium-high heat. Add leeks; cook and stir for 2 to 3 minutes or until tender. Remove leeks from wok; set aside. Stir lemon juice mixture; add to wok. Bring to boiling. Add shrimp; cook for 2 to 3 minutes or until shrimp are opaque. Stir in cooked leeks and ¼ cup of the feta cheese.

5 To serve, fluff couscous mixture with a fork. Transfer couscous mixture to a serving platter. Spoon shrimp mixture over couscous; sprinkle with the remaining ¼ cup feta cheese.

NUTRITION FACTS PER SERVING:
433 cal., 10 g total fat (4 g sat. fat), 232 mg chol., 548 mg sodium, 45 g carb., 3 g dietary fiber, 38 g protein.

Shrimp and Couscous Jambalaya

START TO FINISH **30 minutes** MAKES **4 servings**

- **12 ounces fresh or frozen medium shrimp in shells**
- **2 tablespoons vegetable oil**
- **1 cup sliced celery (2 stalks)**
- **¾ cup chopped green sweet pepper (1 medium)**
- **½ cup chopped onion (1 medium)**
- **½ teaspoon Cajun seasoning**
- **¼ teaspoon dried oregano, crushed**
- **1 14.5-ounce can reduced-sodium chicken broth**
- **1 cup couscous**
- **½ cup chopped tomato (1 medium)**
- **Bottled hot pepper sauce (optional)**
- **Lemon wedges (optional)**

1 Thaw shrimp, if frozen. Peel and devein shrimp.* Rinse shrimp; pat dry with paper towels. Set aside.

2 In a large skillet heat oil over medium heat. Add celery, sweet pepper, onion, Cajun seasoning, and oregano. Cook and stir until vegetables are tender. Carefully add broth. Bring to boiling.

3 Stir in shrimp; remove from heat. Stir in couscous and tomato. Cover and let stand for 5 minutes. To serve, fluff mixture with a fork. Transfer mixture to a shallow serving bowl. If desired, serve with hot pepper sauce and lemon wedges.

NUTRITION FACTS PER SERVING:
317 cal., 8 g total fat (1 g sat. fat), 98 mg chol., 462 mg sodium, 42 g carb., 9 g dietary fiber, 18 g protein.

***tip**

underside. Starting at the head end, peel the shell back from the body.

Shrimp and Tomato Piccata

START TO FINISH 20 minutes MAKES 4 servings

- **1 pound fresh or frozen peeled and deveined medium shrimp**
- **3 tablespoons olive oil**
- **8 ounces small, thin green beans, trimmed (2 cups)**
- **3 small tomatoes, cut into wedges**
- **1 teaspoon finely shredded lemon peel**
- **3 tablespoons lemon juice**
- **1 tablespoon capers, drained**
- **Hot cooked pasta (optional)**

1 Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. Set aside.

2 In a very large skillet heat 1 tablespoon of the oil over medium-high heat. Add green beans; cook for 3 minutes. Add shrimp; cook and stir about 3 minutes or until shrimp are opaque. Add tomato wedges; cook for 1 minute more. Divide shrimp mixture among four dinner plates.

3 For sauce, in a small bowl whisk together the remaining 2 tablespoons oil, the lemon peel, lemon juice, and capers. Drizzle sauce over shrimp mixture. If desired, serve with hot cooked pasta.

NUTRITION FACTS PER SERVING:

244 cal., 12 g total fat (2 g sat. fat), 172 mg chol., 239 mg sodium, 10 g carb., 4 g dietary fiber, 25 g protein.

Spicy Shrimp Pasta

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 pound fresh or frozen peeled and deveined shrimp with tails**
- **8 ounces dried angel hair pasta**
- **3 cups broccoli florets**
- **1 6.5-ounce jar oil-pack dried tomato strips with Italian herbs**
- **Olive oil**
- **2 shallots, finely chopped**
- **¼ to ½ teaspoon crushed red pepper**
- **Salt**
- **Ground black pepper**
- **¼ cup snipped fresh basil**

1 Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. In a 4-quart Dutch oven cook pasta according to pasta package directions, adding broccoli to the water with pasta; drain. Return to Dutch oven; cover to keep warm.

2 Meanwhile, drain dried tomatoes, reserving oil. If necessary, add enough olive oil to equal ¼ cup total. In an extra-large skillet heat reserved oil over medium-high heat. Add shallots; cook and stir for 1 to 2 minutes or until tender. Add shrimp and crushed red pepper; cook and stir for 2 minutes. Add dried tomatoes; cook and stir about 1 minute more or until shrimp are opaque.

3 Toss shrimp mixture with cooked pasta. Season to taste with salt and black pepper. Drizzle with additional olive oil. Transfer to a serving bowl. Sprinkle with fresh basil.

NUTRITION FACTS PER SERVING:
526 cal., 19 g total fat (3 g sat. fat), 172 mg chol., 394 mg sodium, 55 g carb., 5 g dietary fiber, 34 g protein.

Shrimp Po' Boy

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 12-ounce package frozen medium shrimp**
- **2 teaspoons Old Bay seasoning**
- **¼ teaspoon ground black pepper**
- **1 tablespoon vegetable oil**
- **1 cup deli coleslaw**
- **2 teaspoons prepared horseradish**
- **½ teaspoon bottled hot pepper sauce**
- **4 individual French or hoagie rolls, split and toasted**
- **Potato chips or corn chips (optional)**

1 Place shrimp in a medium bowl half-filled with cool water. Let stand for 5 minutes; drain. Remove tails from shrimp, if present. In the same bowl toss shrimp with Old Bay seasoning and black pepper.

2 In a large skillet heat oil over medium-high heat. Add shrimp; cook about 3 minutes or until opaque.

3 In a small bowl combine coleslaw, horseradish, and hot pepper sauce. To serve, divide shrimp among bottoms of rolls. Top with coleslaw mixture. Add tops of rolls. If desired, serve with chips.

NUTRITION FACTS PER SERVING:
545 cal., 14 g total fat (3 g sat. fat), 132 mg chol., 1,158 mg sodium, 77 g carb., 4 g dietary fiber, 29 g protein.

Mexican Shrimp Tostadas

START TO FINISH **20 minutes** MAKES **4 servings**

- **1 pound fresh or frozen cooked shrimp**
- **8 tostada shells**
- **1 8-ounce can no-salt-added tomato sauce**
- **1 1.25-ounce envelope reduced-sodium taco seasoning mix**
- **Canned refried beans or black beans, warmed (optional)**
- **Shredded lettuce**
- **Sliced green onions**
- **½ cup shredded Monterey Jack cheese (2 ounces)**
- **¼ cup sour cream**
- **Salsa**
- **Green onions, sliced**

1 Thaw shrimp, if frozen; remove tails, if present. Heat tostada shells according to package directions.

2 In a large nonstick skillet combine shrimp, tomato sauce, and taco seasoning. Bring to boiling; reduce heat. Simmer, uncovered, for 2 to 3 minutes or until shrimp are heated through, stirring occasionally.

3 To serve, spread warmed tostada shells with refried beans, if desired. Arrange lettuce, black beans, if desired, and green onions on tostada shells; top with shrimp mixture. Serve with cheese, sour cream, salsa, and additional sliced green onions.

NUTRITION FACTS PER SERVING:
362 cal., 16 g total fat (6 g sat. fat), 190 mg chol., 920 mg sodium, 27 g carb., 3 g dietary fiber, 30 g protein.

Easy Shrimp and Saffron Rice

START TO FINISH **30 minutes** MAKES **4 servings**

- **2 tablespoons vegetable oil**
- **2 cloves garlic, minced**
- **2 teaspoons mustard seeds**
- **1 8- to 10-ounce package yellow rice mix**
- **¼ teaspoon saffron threads, crushed, or ⅛ teaspoon ground saffron (optional)**
- **2⅔ cups water**
- **1 16-ounce jar mild or medium thick-and-chunky salsa**
- **12 ounces frozen peeled and deveined shrimp, thawed and tails removed, if present**
- **1 8- to 9-ounce package frozen sugar snap peas**

1 In a 12-inch skillet heat oil over medium heat. Add garlic and mustard seeds. Cook and stir for 2 minutes. Stir in rice mix and, if desired, saffron. Stir in the water and salsa. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes, stirring once halfway through cooking.

2 Add shrimp and pea pods. Cook, covered, about 5 minutes or until shrimp are opaque. Remove from heat. Let stand for 5 minutes before serving.

NUTRITION FACTS PER SERVING:
430 cal., 9 g total fat (1 g sat. fat), 129 mg chol., 1,900 mg sodium, 63 g carb., 2 g dietary fiber, 23 g protein.

Scallops with Watercress and Fennel

START TO FINISH **30 minutes** MAKES **4 servings**

- **12 fresh or frozen sea scallops (1 to 1½ pounds total)**
- **1 medium fennel bulb**
- **⅛ teaspoon salt**
- **⅛ teaspoon ground black pepper**
- **⅓ cup plain low-fat yogurt**
- **1 to 1½ teaspoons grated fresh ginger or ⅛ to ¼ teaspoon ground ginger**
- **½ teaspoon finely shredded orange peel**
- **1 teaspoon orange juice**
- **1 teaspoon honey**
- **2 medium oranges, peeled and thinly sliced crosswise**
- **4 cups watercress, tough stems removed**

1 Preheat broiler. Thaw scallops, if frozen. Cut off and discard upper stalks from fennel bulb. Remove any wilted outer layers and cut off and discard a thin slice from fennel base. Cut fennel bulb into very thin slices.* Set aside.

2 Meanwhile, rinse scallops; pat dry with paper towels. Sprinkle scallops with salt and pepper. Place scallops on the unheated rack of a broiler pan. Broil 4 inches from heat about 8 minutes or until scallops are opaque, turning once halfway through broiling.

3 Meanwhile, for dressing, in a small bowl whisk together yogurt, ginger, orange peel, orange juice, and honey. Set aside.

4 Cut orange slices in half. Divide sliced fennel and watercress among four dinner plates. Arrange scallops and orange slices on top of vegetables; drizzle with dressing.

NUTRITION FACTS PER SERVING:
172 cal., 1 g total fat (0 g sat. fat), 39 mg chol., 314 mg sodium, 18 g carb., 4 g dietary fiber, 22 g protein.

***tip**
Use a mandolin to slice fennel very thinly.

Mediterranean Scallops and Pasta

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 pound fresh or frozen sea scallops**
- **2 tablespoons olive oil**
- **2 tablespoons lemon juice**
- **2 teaspoons dried Mediterranean seasoning, crushed**
- **8 ounces dried fettuccine**
- **1 6-ounce jar quartered marinated artichoke hearts, drained**
- **¼ cup oil-pack dried tomatoes, well drained and sliced**
- **¼ cup purchased basil pesto**

1 Thaw scallops, if frozen. Rinse scallops; pat dry with paper towels. Halve any large scallops. In a medium bowl combine oil, lemon juice, and Mediterranean seasoning. Add scallops; toss to coat. Cover and chill for 15 minutes.

2 Meanwhile, in a 4-quart Dutch oven or saucepan cook pasta according to package directions; drain. Return to hot Dutch oven. Add artichokes, tomatoes, and pesto to cooked pasta. Toss to coat; cover and keep warm.

3 In a large skillet bring scallop mixture to boiling over medium-high heat. Boil gently, uncovered, for 3 to 4 minutes or until scallops are opaque, turning scallops occasionally. Add scallop mixture to pasta mixture; toss to coat. Heat through. Serve immediately.

NUTRITION FACTS PER SERVING:
537 cal., 22 g total fat (1 g sat. fat), 40 mg chol., 592 mg sodium, 54 g carb., 2 g dietary fiber, 29 g protein.

Pan-Seared Scallops with Spinach

START TO FINISH **20 minutes** MAKES **4 servings**

- **1 pound fresh or frozen sea scallops**
- **2 tablespoons all-purpose flour**
- **1 to 2 teaspoons blackened steak seasoning or Cajun seasoning**
- **1 tablespoon vegetable oil**
- **1 10-ounce package fresh spinach**
- **1 tablespoon water**
- **2 tablespoons balsamic vinegar**
- **¼ cup cooked bacon pieces**

1 Thaw scallops, if frozen. Rinse scallops; pat dry with paper towels. In a plastic bag combine flour and seasoning. Add scallops; toss to coat. In a large skillet heat oil over medium heat. Add scallops; cook about 6 minutes or until browned and opaque, turning once. Remove scallops from skillet; set aside.

2 Add spinach to the same skillet; sprinkle with the water. Cook, covered, over medium-high heat about 2 minutes or until spinach is wilted. Add vinegar; toss to coat evenly. Return scallops to skillet; heat through. Sprinkle with bacon.

NUTRITION FACTS PER SERVING:
195 cal., 7 g total fat (0 g sat. fat), 43 mg chol., 538 mg sodium, 10 g carb., 2 g dietary fiber, 23 g protein.

As suggested by their name, sea scallops are the larger of the two most widely available varieties of this kind of shellfish. Bay scallops, the smaller variety, have a sweet flavor similar to sea scallops. Scallops should be firm, sweet smelling, and free of excess cloudy liquid. Chill scallops covered with their own liquid in a closed container for up to 2 days.

Curried Sea Scallops

START TO FINISH **25 minutes** MAKES **4 servings**

- **1 pound fresh or frozen sea scallops**
- **1 teaspoon curry powder**
- **¼ teaspoon ground ginger**
- **⅛ teaspoon cracked black pepper**
- **⅛ teaspoon chili powder**
- **2 cups cherry tomatoes or grape tomatoes, halved**
- **1 tablespoon olive oil**
- **2 tablespoons snipped fresh cilantro**
- **Lemon wedges (optional)**

1 Thaw scallops, if frozen. Rinse scallops; pat dry with paper towels. Sprinkle scallops with curry powder, ginger, pepper, and chili powder; set aside. Tear off four 24×18-inch pieces of heavy-duty foil. Fold each piece in half to make an 18×12-inch rectangle.

2 Divide seasoned scallops and tomatoes among foil rectangles. Drizzle with oil. For each packet, bring up two opposite edges of foil; seal with a double fold. Fold the remaining ends to completely enclose the food, leaving space for steam to build.

3 For a charcoal grill, grill foil packets on the rack of an uncovered grill directly over medium coals for 8 to 10 minutes or until scallops are opaque, carefully opening packets to check doneness. (For a gas grill, preheat grill. Reduce heat to medium. Place foil packets on grill rack over heat. Cover and grill as above.)

4 Sprinkle with cilantro. If desired, serve with lemon wedges.

NUTRITION FACTS PER SERVING:
149 cal., 5 g total fat (1 g sat. fat), 37 mg chol., 189 mg sodium, 7 g carb., 1 g dietary fiber, 20 g protein.

oven method Preheat oven to 450°F. Prepare as directed through Step 2. Bake packets directly on the oven rack for 10 to 12 minutes or until scallops are opaque, carefully opening packets to check doneness. Serve as directed in Step 4.

tip
Serve over brown rice with a splash of low-sodium soy sauce.

Crab and Corn Chowder

START TO FINISH **20 minutes** MAKES **4 servings**

- **1 14.75-ounce can cream-style corn**
- **1 4- to 6-ounce container semisoft cheese with garlic and herbs, cut up**
- **1½ cups milk**
- **1 8-ounce package flake-style imitation crabmeat**
- **1 cup grape tomatoes, halved**
- **2 tablespoons snipped fresh Italian (flat-leaf) parsley**

1 In a large saucepan combine corn and cheese; heat and stir until cheese melts. Gradually stir in milk; cook and stir until heated through.

2 Stir in crabmeat and tomatoes. Sprinkle with parsley.

NUTRITION FACTS PER SERVING:
289 cal., 12 g total fat (8 g sat. fat), 45 mg chol., 816 mg sodium, 35 g carb., 2 g dietary fiber, 12 g protein.

Veggie Fish Chowder

START TO FINISH **25 minutes** MAKES **4 servings**

- **1 pound fresh or frozen firm-texture white fish, such as cod or haddock**
- **Ground black pepper**
- **1 tablespoon olive oil**
- **1 cup thinly sliced carrots (2 medium)**
- **1 cup fresh sugar snap pea pods, halved diagonally**
- **2¼ cups water**
- **1 14-ounce can vegetable broth**
- **1 4-ounce package or half of a 7.2-ounce package butter-and-herb-flavor instant mashed potatoes**
- **Salt**
- **Shaved Parmesan cheese**

1 Thaw fish, if frozen. Cut fish into four portions. Rinse fish; pat dry with paper towels. Lightly sprinkle fish with pepper. In a 4-quart Dutch oven heat oil over medium-high heat. Add fish, carrots, and sugar snap peas; cook for 3 minutes.

2 Add the water and broth. Bring to boiling; reduce heat. Simmer, covered, about 3 minutes or until fish flakes easily when tested with a fork. Remove from heat.

3 Place instant mashed potatoes in a small bowl. Carefully remove 1¼ cups of the hot broth mixture and stir into potatoes (mashed potatoes will be thick).

4 Divide mashed potatoes among soup bowls. Break fish into bite-size pieces. Ladle chowder over mashed potatoes. Season to taste with salt and additional pepper. Top each serving with cheese.

NUTRITION FACTS PER SERVING:
264 cal., 7 g total fat (2 g sat. fat), 49 mg chol., 1,001 mg sodium, 27 g carb., 3 g dietary fiber, 23 g protein.

Crab-Fennel Salad

START TO FINISH **20 minutes** MAKES **3 servings**

- **⅓ cup plain low-fat yogurt**
- **2 tablespoons mayonnaise or salad dressing**
- **2 tablespoons milk**
- **½ teaspoon curry powder**
- **2 cups coarsely chopped fresh fruit, such as cantaloupe, strawberries, honeydew melon, and/or pineapple**
- **1 6- to 8-ounce package chunk-style imitation crabmeat or lobster**
- **¾ cup sliced fennel**
- **4 cups torn mixed salad greens or three 1-inch slices romaine lettuce**

1 For dressing, in a small bowl stir together yogurt, mayonnaise, milk, and curry powder. If desired, thin dressing with additional milk.*

2 In a large bowl combine fresh fruit, crabmeat, and fennel; set aside. Divide salad greens among salad plates. Top with crabmeat mixture; drizzle with dressing.

NUTRITION FACTS PER SERVING:
176 cal., 5 g total fat (1 g sat. fat), 16 mg chol., 601 mg sodium, 24 g carb., 3 g dietary fiber, 10 g protein.

*Dressing can be made up to 24 hours in advance and stored, covered, in the refrigerator to enhance the curry flavor.

Pasta with White Clam Sauce

START TO FINISH **30 minutes** MAKES **4 servings**

- 10 **ounces dried linguine or fettuccine**
- 2 **6.5-ounce cans chopped or minced clams, undrained**
- **Half-and-half, light cream, or whole milk (about 2 cups)**
- 2 **tablespoons butter**
- ½ **cup chopped onion (1 medium)**
- 2 **cloves garlic, minced**
- ¼ **cup all-purpose flour**
- 2 **teaspoons snipped fresh oregano or ½ teaspoon dried oregano, crushed**
- ¼ **teaspoon salt**
- ⅛ **teaspoon ground black pepper**
- ¼ **cup snipped fresh parsley**
- ¼ **cup dry white wine, nonalcoholic dry white wine, or chicken broth**
- ¼ **cup finely shredded or grated Parmesan cheese**
- **Fresh oregano (optional)**

1 Cook linguine according to package directions; drain. Return linguine to hot pan; cover and keep warm.

2 Meanwhile, drain clams, reserving juices from 1 of the cans (you should have about ½ cup juices). Add enough half-and-half to the reserved juice to measure 2½ cups total liquid. Set clams and liquid aside.

3 In a medium saucepan heat butter over medium heat until melted. Add onion and garlic; cook until onion is tender. Stir in flour, dried oregano (if using), salt, and pepper. Gradually stir in clam juices mixture. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more.

4 Stir in drained clams, 2 teaspoons snipped oregano (if using), parsley, and wine; heat through. Serve clam mixture over warm linguine. Sprinkle with cheese and, if desired, garnish with additional fresh oregano.

NUTRITION FACTS PER SERVING:
595 cal., 23 g total fat (13 g sat. fat), 88 mg chol., 369 mg sodium, 69 g carb., 2 g dietary fiber, 25 g protein.

Classic Oyster Stew

START TO FINISH **30 minutes** MAKES **10 servings**

- **3 dozen shucked oysters, undrained (about 1 pound total)**
- **4 cups whole milk**
- **2 cups whipping cream**
- **7 tablespoons unsalted butter**
- **1 cup finely chopped yellow onion (1 large)**
- **½ cup finely chopped celery (1 stalk)**
- **¾ teaspoon kosher salt**
- **3 tablespoons all-purpose flour**
- **Freshly ground black pepper**
- **Dash cayenne pepper**
- **Snipped fresh Italian (flat-leaf) parsley**

1 Drain oysters, reserving liquid. Inspect oysters and remove any bits of shell. Set aside oysters and liquid.

2 In a medium saucepan heat milk and cream just until simmering; cover and keep warm.

3 In a Dutch oven heat 4 tablespoons of the butter over medium heat until melted and bubbling. Add onion, celery, and ½ teaspoon of the salt, stirring well to coat with butter. Cook slowly about 10 minutes or until onion is tender and translucent, stirring frequently. Sprinkle flour over vegetable mixture; cook for 2 minutes more, stirring well to blend in the flour. Slowly whisk in the hot milk mixture; bring mixture back to a low simmer, stirring occasionally.

4 Meanwhile, in a 12-inch nonstick skillet heat the remaining 3 tablespoons butter over medium heat until melted and bubbly. Add drained oysters in a single layer. Sprinkle with the remaining ¼ teaspoon salt and a few grinds of black pepper. Cook just until oysters begin to curl around the edges and gills are slightly exposed. Transfer oysters to the milk mixture in Dutch oven. Turn off heat.

5 Add oyster liquid to hot skillet. Cook for 2 to 3 minutes or until liquid comes to boiling. Immediately transfer to stew in Dutch oven; stir. Stir in cayenne pepper. If desired, cover and let stand for 10 minutes before serving. Sprinkle with parsley.

NUTRITION FACTS PER SERVING:
342 cal., 30 g total fat (18 g sat. fat), 121 mg chol., 303 mg sodium, 11 g carb., 0 g dietary fiber, 8 g protein.

Grilling

Chimichurri Burgers

START TO FINISH 30 minutes MAKES 6 servings

- **1 recipe Chimichurri Topping**
- **1 pound 95% or higher lean ground beef**
- **8 ounces lean ground pork**
- **1 tablespoon chili powder**
- **½ teaspoon onion powder**
- **¼ teaspoon ground cumin**
- **⅛ teaspoon salt**
- **3 whole wheat pita bread rounds, quartered and toasted**
- **¾ cup roasted red sweet pepper strips**

1 Prepare Chimichurri Topping; set aside. In a large bowl combine ground beef, ground pork, chili powder, onion powder, cumin, and salt; mix well. Shape meat mixture into six ½-inch-thick patties.

2 For a charcoal grill, grill patties on the rack of an uncovered grill directly over medium coals for 10 to 13 minutes or until done (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.)

3 Arrange each grilled burger on two of the toasted pita quarters. Top with roasted pepper strips and Chimichurri Topping.

NUTRITION FACTS PER SERVING:
325 cal., 15 g total fat (5 g sat. fat), 74 mg chol., 407 mg sodium, 21 g carb., 4 g dietary fiber, 26 g protein.

Chimichurri Topping

In a small bowl combine ½ cup finely snipped fresh Italian (flat-leaf) parsley; ½ cup finely snipped fresh cilantro; 2 tablespoons red wine vinegar; 1 tablespoon olive oil; 2 cloves garlic, minced; ¼ teaspoon salt; ¼ teaspoon ground black pepper; and ⅛ teaspoon cayenne pepper.

Chimichurri is a condiment that's used in Argentina in much the same way as ketchup is used in the United States. The Chimichurri Topping used here includes fresh cilantro instead of the more traditional oregano.

Garden Beef Burgers

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 egg white, lightly beaten**
- **1/2 cup shredded carrot (1 medium)**
- **1/4 cup thinly sliced green onions (2)**
- **1/4 cup shredded zucchini**
- **2 cloves garlic, minced**
- **1/8 teaspoon ground black pepper**
- **12 ounces 90% or higher lean ground beef**
- **8 1/2-inch slices whole wheat baguette-style French bread, toasted**
- **3/4 cup fresh spinach**
- **1 small tomato, thinly sliced**
- **1/2 cup thinly shaved zucchini***

1 In a large bowl combine egg white, carrot, green onions, shredded zucchini, garlic, and pepper. Add ground beef; mix well. Shape meat mixture into four 3/4-inch-thick patties.

2 For a charcoal grill, grill patties on the rack of an uncovered grill directly over medium coals for 14 to 18 minutes or until patties are done (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.)

3 Serve each burger between two toasted bread slices with spinach, tomato, and shaved zucchini.

NUTRITION FACTS PER SERVING:
258 cal., 10 g total fat (3 g sat. fat), 55 mg chol., 229 mg sodium, 19 g carb., 3 g dietary fiber, 21 g protein.

***tip**
Use a vegetable peeler to thinly shave the zucchini.

Fennel and Pork Burgers with Grape Relish

START TO FINISH 30 minutes MAKES 4 servings

- 1 egg, lightly beaten
- 1 tablespoon bourbon (optional)
- ½ cup quick-cooking rolled oats
- 1 tablespoon fennel seeds, crushed
- 1 teaspoon paprika
- 1 teaspoon finely shredded lemon peel
- 1 clove garlic, minced
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 pound lean ground pork
- 1½ cups seedless red grapes, halved
- 1 cup chopped fennel (1 medium)
- 2 tablespoons balsamic vinegar
- 1 tablespoon butter
- Salt
- Ground black pepper
- 4 slices bread, toasted (optional)
- ¼ cup snipped fresh parsley

1 In a large bowl combine egg and, if desired, bourbon. Stir in oats, fennel seeds, paprika, lemon peel, garlic, ½ teaspoon salt, and ½ teaspoon pepper. Add ground pork; mix well. Shape meat mixture into four ¾-inch-thick patties; set aside.

2 Fold a 36×18-inch piece of heavy foil in half to make an 18-inch square. For relish, place grapes, fennel, vinegar, and butter in the center of foil. Sprinkle with additional salt and pepper. Bring up two opposite edges of foil; seal with a double fold. Fold the remaining ends to completely enclose grape mixture, leaving space for steam to build.

3 For a charcoal grill, grill patties and relish packet on the rack of an uncovered grill directly over medium coals for 14 to 18 minutes or until patties are done (160°F),* turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties and relish packet on grill rack over heat. Cover and grill as above.)

4 If desired, serve burgers on toasted bread slices. Spoon relish over burgers. Sprinkle with parsley.

NUTRITION FACTS PER SERVING:
284 cal., 14 g total fat (6 g sat. fat), 114 mg chol., 409 mg sodium, 23 g carb., 7 g dietary fiber, 18 g protein.

Fennel's slightly sweet licorice flavor adds impact to this chunky relish cooked on the grill in a foil packet. Buy fennel with a firm white bulb and green celerylike stalks. The feathery fronds on the stalks will remind you of fresh dill. Snip a few fennel fronds and sprinkle them over burgers, salads, or other dishes to add a pop of flavor.

***tip**

The internal color of a burger is not a reliable doneness indicator. A pork patty cooked to 160°F is safe, regardless of color. To measure the doneness of a patty, insert an instant-read thermometer through the side of the patty to a depth of 2 to 3 inches.

Tex-Mex Turkey Patties

START TO FINISH **30 minutes** MAKES **2 servings**

- **8 ounces uncooked ground turkey breast or 90% or higher lean ground beef**
- **¼ cup salsa**
- **¼ teaspoon ground cumin**
- **⅛ teaspoon ground black pepper**
- **Dash salt**
- **½ cup thinly sliced sweet onion (such as Vidalia or Walla Walla)**
- **½ cup red sweet pepper strips**
- **1 teaspoon canola oil**
- **2 tostada shells**
- **¼ of a medium avocado, seeded, peeled, and sliced or chopped**

1 In a medium bowl combine ground turkey, salsa, cumin, black pepper, and salt; mix well. Shape turkey mixture into two ½-inch-thick patties.

2 Fold a 24×12-inch piece of heavy foil in half to make a 12-inch square. Place onion and sweet pepper in the center of foil; drizzle with oil. Bring up two opposite edges of foil; seal with a double fold. Fold the remaining ends to completely enclose vegetables, leaving space for steam to build.*

3 For a charcoal grill, grill patties and vegetable packet on the rack of an uncovered grill directly over medium coals for 10 to 13 minutes or until patties are done (165°F for turkey, 160°F for beef) and vegetables are tender, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties and vegetable packet on grill rack over heat. Cover and grill as above.)

4 Serve burgers on tostada shells. Top with vegetables and avocado.

NUTRITION FACTS PER SERVING:
285 cal., 10 g total fat (1 g sat. fat), 55 mg chol., 430 mg sodium, 20 g carb., 5 g dietary fiber, 29 g protein.

***tip**

Instead of encasing the vegetables in foil, the onion and sweet pepper may be cooked in a skillet on the side burner of the grill or on the rangetop. In a covered medium skillet cook onion and sweet pepper in hot oil over medium heat for 10 minutes, stirring occasionally. Cook, uncovered, about 3 minutes more or until pepper is very tender and onion is golden brown, stirring occasionally.

Greek-Style Turkey Burgers

START TO FINISH 30 minutes MAKES 4 servings

- **1 egg white, lightly beaten**
- **⅓ cup fine dry whole wheat bread crumbs***
- **1 tablespoon crumbled feta cheese**
- **1 tablespoon plain low-fat yogurt**
- **1 teaspoon snipped fresh rosemary or ½ teaspoon dried rosemary, crushed**
- **1 teaspoon snipped fresh oregano or ½ teaspoon dried oregano, crushed**
- **⅛ teaspoon ground black pepper**
- **1 pound uncooked ground turkey breast or chicken breast**
- **Torn mixed salad greens (optional)**
- **1 recipe Olive-Tomato Salsa**
- **¼ cup crumbled feta cheese (1 ounce)**
- **Plain low-fat yogurt (optional)**
- **2 whole wheat pita bread rounds, quartered and lightly toasted**

1 In a medium bowl combine egg white, bread crumbs, 1 tablespoon feta cheese, 1 tablespoon yogurt, rosemary, oregano, and pepper. Add ground turkey; mix well. Shape turkey mixture into four ¾-inch-thick patties.

2 For a charcoal grill, grill patties on the rack of an uncovered grill directly over medium coals for 14 to 18 minutes or until patties are no longer pink (165°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.)

3 If desired, divide salad greens among dinner plates. Place burgers on plates. Top with Olive-Tomato Salsa, ¼ cup feta cheese, and, if desired, additional yogurt. Serve burgers with toasted pita bread.

NUTRITION FACTS PER SERVING:
275 cal., 6 g total fat (2 g sat. fat), 53 mg chol., 507 mg sodium, 23 g carb., 4 g dietary fiber, 35 g protein.

Olive-Tomato Salsa

In a small bowl combine 1 cup seeded and chopped tomatoes (2 medium); ¼ cup seeded and chopped cucumber; ¼ cup chopped pitted kalamata or other ripe olives; ½ teaspoon snipped fresh rosemary or ¼ teaspoon dried rosemary, crushed; and ½ teaspoon snipped fresh oregano or ¼ teaspoon dried oregano, crushed. Makes about 1½ cups.

*tip

For ⅓ cup fine dry whole wheat bread crumbs, place 1 slice whole wheat bread, toasted, in a food processor. Cover and process until fine crumbs form.

Cheesy Eggplant Burgers

START TO FINISH 25 minutes MAKES 6 servings

- 1 teaspoon garlic powder
- ½ teaspoon ground black pepper
- ⅛ teaspoon salt
- ½ cup seeded and chopped tomato (1 medium)
- 2 tablespoons olive oil
- 1 tablespoon snipped fresh oregano
- 2 teaspoons snipped fresh thyme
- 2 teaspoons cider vinegar
- 6 ½-inch slices eggplant
- 6 ¾-ounce slices smoked Gouda cheese
- 6 ½-inch slices whole grain baguette-style French bread, toasted

1 In a small bowl combine garlic powder, pepper, and salt. In another small bowl combine half of the garlic powder mixture, the tomato, 1 tablespoon of the oil, the oregano, thyme, and vinegar; set aside.

2 Brush eggplant slices with the remaining 1 tablespoon oil and sprinkle with the remaining garlic powder mixture.

3 For a charcoal grill, grill eggplant on the rack of an uncovered grill directly over medium coals for 6 to 8 minutes or just until tender and golden brown, turning once halfway through grilling and topping with cheese for the last 2 minutes of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place eggplant on grill rack over heat. Cover and grill as above.)

4 Divide grilled eggplant slices among toasted bread slices. Top with tomato mixture.

NUTRITION FACTS PER SERVING:
201 cal., 11 g total fat (4 g sat. fat), 17 mg chol., 506 mg sodium, 19 g carb., 4 g dietary fiber, 7 g protein.

Cowboy Steak and Whiskey Butter

START TO FINISH 30 minutes MAKES 4 servings

- **2 tablespoons Whiskey Butter**
- **1 tablespoon turbinado sugar or packed brown sugar**
- **1 tablespoon ground New Mexican chile pepper or chili powder**
- **1 tablespoon ground chipotle chile pepper**
- **1½ teaspoons smoked paprika**
- **1½ teaspoons ground white pepper**
- **1 teaspoon freshly ground black pepper**
- **2 1-pound bone-in beef rib-eye steaks, cut 1 inch thick**
- **2 teaspoons olive oil**
- **Snipped fresh parsley (optional)**

1 Prepare Whiskey Butter. Cover and chill until ready to serve. For rub, in a small bowl combine sugar, New Mexican chile pepper, chipotle chile pepper, paprika, white pepper, and black pepper.

2 Trim fat from steaks. Brush both sides of steaks with oil. Sprinkle about 1 tablespoon of the rub evenly over both sides of steaks; rub in with your fingers.

3 For a charcoal grill, grill steaks on the rack of an uncovered grill directly over medium coals for 10 to 13 minutes for medium-rare (145°F) or 12 to 15 minutes for medium (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place steaks on grill rack over heat. Cover and grill as above.)

4 Spoon Whiskey Butter onto steaks. If desired, sprinkle with parsley. Before serving, cut each steak in half.

NUTRITION FACTS PER SERVING:
423 cal., 28 g total fat (13 g sat. fat), 130 mg chol., 189 mg sodium, 7 g carb., 2 g dietary fiber, 35 g protein.

Whiskey Butter

In a medium bowl combine 1 cup softened unsalted butter, ¼ cup finely chopped shallots, 1 tablespoon snipped fresh parsley, 1 tablespoon whiskey, ½ teaspoon sea salt or salt, ½ teaspoon Dijon-style mustard, ½ teaspoon Worcestershire sauce, and dash ground white pepper. Makes about 1 cup.

*tip

Store the remaining Whiskey Butter in the refrigerator for up to 1 week or freeze for up to 3 months. Store the remaining rub in a covered container at room temperature for up to 3 months.

Peach and Horseradish–Sauced Rib-Eyes

START TO FINISH 25 minutes MAKES 4 servings

- 2 boneless beef rib-eye steaks, cut 1 inch thick (about 1½ pounds total)
- 1 tablespoon olive oil
- 1 tablespoon steak seasoning
- 2 peaches, halved
- ⅓ cup peach preserves
- 2 tablespoons prepared horseradish
- 2 tablespoons plum sauce

1 Trim fat from steaks. Brush both sides of steaks with oil; sprinkle steak seasoning evenly over both sides of steaks.

2 For a charcoal grill, grill steaks on the rack of an uncovered grill directly over medium coals for 10 to 12 minutes for medium-rare (145°F) or 12 to 15 minutes for medium (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place steaks on grill rack over heat. Cover and grill as above.)

3 While steaks are grilling, add peach halves to grill. Grill for 8 to 10 minutes or until tender and lightly browned, turning once halfway through grilling.

4 For sauce, in a small bowl stir together preserves, horseradish, and plum sauce. Slice steaks. Serve steak slices with grilled peaches and sauce.

NUTRITION FACTS PER SERVING:
399 cal., 18 g total fat (6 g sat. fat), 100 mg chol., 700 mg sodium, 23 g carb., 1 g dietary fiber, 35 g protein.

Pepper-Punched T-Bones

START TO FINISH 25 minutes MAKES 4 servings

- ½ cup steak sauce
- 2 tablespoons snipped fresh thyme
- 2 tablespoons whole green peppercorns in brine, drained and chopped
- 2 teaspoons cracked black pepper
- ½ teaspoon cayenne pepper
- 4 beef T-bone steaks, cut ¾ inch thick

1 In a small bowl combine steak sauce, thyme, green peppercorns, black pepper, and cayenne pepper. Trim fat from steaks. Spread half of the pepper mixture on one side of steaks.

2 For a charcoal grill, place steaks, pepper sides down, on the rack of an uncovered grill directly over medium coals. Carefully spread the remaining pepper mixture on tops of steaks. Grill for 7 to 10 minutes for medium-rare (145°F) or 10 to 13 minutes for medium (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place steaks, pepper sides down, on grill rack over heat. Cover and grill as above.)

NUTRITION FACTS PER SERVING:
583 cal., 38 g total fat (15 g sat. fat), 146 mg chol., 567 mg sodium, 5 g carb., 1 g dietary fiber, 52 g protein.

Strip Steaks with Lime and Sweet Onion Salsa

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 recipe Lime and Sweet Onion Salsa**
- **4 boneless beef top loin (strip) steaks, cut 1 inch thick**
- **2 tablespoons snipped fresh sage**
- **1 fresh habañero chile pepper, seeded and finely chopped***
- **½ teaspoon salt**

1 Prepare Lime and Sweet Onion Salsa. Cover and chill until ready to serve.

2 Trim fat from steaks. In a small bowl combine sage, chile pepper, and salt. Wearing plastic or rubber gloves, sprinkle mixture evenly over both sides of steaks; rub in with your fingers.**

3 For a charcoal grill, grill steaks on the rack of an uncovered grill directly over medium coals for 10 to 12 minutes for medium-rare (145°F) or 12 to 15 minutes for medium (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place steaks on grill rack over heat. Cover and grill as above.) Serve steaks with salsa.

NUTRITION FACTS PER SERVING:
431 cal., 17 g total fat (6 g sat. fat), 166 mg chol., 581 mg sodium, 4 g carb., 1 g dietary fiber, 62 g protein.

Lime and Sweet Onion Salsa

Peel and section 2 large limes; chop lime segments. In a medium bowl stir together chopped lime, ½ cup finely chopped sweet onion (1 medium), 3 tablespoons snipped fresh cilantro, ½ teaspoon sugar, and ¼ teaspoon salt.

***tip**

Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

****tip**

If time permits, rub the steaks with the habañero mixture, then cover and marinate in the refrigerator for up to 24 hours before grilling.

Ham Steaks with Fresh Peach Chutney

START TO FINISH 30 minutes MAKES 6 servings

- **1 pound ripe peaches, peeled and chopped, or nectarines, chopped**
- **½ cup finely chopped, peeled and seeded cucumber**
- **½ cup orange juice**
- **¼ cup finely chopped red onion**
- **1 tablespoon finely snipped fresh mint**
- **1 tablespoon tequila**
- **¼ teaspoon salt**
- **⅛ teaspoon ground black pepper**
- **½ cup orange juice**
- **2 tablespoons tequila**
- **2 1- to 1¼-pound cooked ham steaks, cut ½ inch thick**

1 For chutney, in a medium bowl combine peaches, cucumber, ½ cup orange juice, red onion, mint, 1 tablespoon tequila, salt, and pepper. Set aside.

2 For marinade, in a shallow glass dish combine ½ cup orange juice and 2 tablespoons tequila. Remove ¼ cup of the marinade to serve with the grilled ham.

3 Add ham steaks to the remaining marinade in dish. Marinate at room temperature for 5 to 10 minutes, turning once. Remove ham from marinade, reserving marinade.

4 For a charcoal grill, grill ham on the rack of an uncovered grill directly over medium-hot coals about 8 minutes or until heated through (140°F), turning and brushing once with the reserved marinade halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium-high. Place ham on grill rack over heat. Cover and grill as above.) Discard any remaining marinade.

5 Cut ham into serving-size pieces. Transfer to a serving platter. Pour the reserved ¼ cup marinade over ham. Serve with chutney.

NUTRITION FACTS PER SERVING:
251 cal., 7 g total fat (2 g sat. fat), 68 mg chol., 2,017 mg sodium, 12 g carb., 1 g dietary fiber, 31 g protein.

Tomato-Topped Lamb Chops and Rice

START TO FINISH 20 minutes MAKES 4 servings

- 8 lamb loin chops, cut 1 inch thick
- Salt
- Ground black pepper
- 1 8.8-ounce pouch cooked long grain rice
- 4 medium roma tomatoes, cut up
- 4 green onions, cut into 1-inch pieces
- 1 tablespoon snipped fresh oregano
- 1 tablespoon balsamic vinegar

1 Trim fat from chops. Sprinkle chops with salt and pepper. For a charcoal grill, grill chops on the rack of an uncovered grill directly over medium coals for 12 to 14 minutes for medium-rare (145°F) or 15 to 17 minutes for medium (160°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place chops on grill rack over heat. Cover and grill as above.)

2 Meanwhile, heat rice in the microwave oven according to package directions. In a food processor combine tomatoes, green onions, and oregano. Cover and process with on/off pulses until coarsely chopped. Transfer to a small bowl; stir in vinegar. Season to taste with additional salt and pepper.

3 Divide rice among dinner plates; top with chops. Serve with tomato mixture.

NUTRITION FACTS PER SERVING:
273 cal., 7 g total fat (2 g sat. fat), 70 mg chol., 153 mg sodium, 26 g carb., 3 g dietary fiber, 25 g protein.

Sesame-Ginger Barbecued Chicken

START TO FINISH 30 minutes MAKES 6 servings

- ⅓ cup plum sauce or sweet-and-sour sauce
- ¼ cup water
- 3 tablespoons hoisin sauce
- 1½ teaspoons sesame seeds, toasted if desired
- 1 teaspoon grated fresh ginger or ¼ teaspoon ground ginger
- 1 clove garlic, minced
- ¼ to ½ teaspoon Asian chili sauce or several dashes bottled hot pepper sauce
- 6 skinless, boneless chicken breast halves or 12 skinless, boneless chicken thighs
- Hot cooked noodles or rice (optional)*
- Sesame seeds, toasted if desired (optional)
- Green onion curls (optional)

1 For sauce, in a small saucepan combine plum sauce, the water, hoisin sauce, 1½ teaspoons sesame seeds, ginger, garlic, and chili sauce. Bring to boiling over medium heat, stirring frequently. Reduce heat. Simmer, covered, for 3 minutes.

2 For a charcoal grill, grill chicken on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until chicken is no longer pink (170°F for breasts, 180°F for thighs), turning once halfway through grilling and brushing with some of the sauce during the last 5 minutes of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place chicken on grill rack over heat. Cover and grill as above.)

3 Reheat the remaining sauce. Slice chicken. If desired, serve chicken on top of hot cooked noodles. Spoon the remaining sauce over chicken. if desired, sprinkle with additional sesame seeds and garnish with green onion curls.

NUTRITION FACTS PER SERVING:
190 cal., 2 g total fat (0 g sat. fat), 77 mg chol., 278 mg sodium, 9 g carb., 0 g dietary fiber, 31 g protein.

***tip**

For a touch of color, add some halved fresh snow pea pods or sugar snap pea pods to the noodles or rice for the last few minutes of cooking.

Grilled Chicken and Creamy Corn

START TO FINISH 20 minutes MAKES 4 servings

- 2 **tablespoons olive oil**
- 1 **teaspoon smoked paprika**
- 3 **ears sweet corn, husks and silks removed**
- 4 **skinless, boneless chicken breast halves (1¼ to 1½ pounds total)**
- **Salt**
- **Ground black pepper**
- ⅓ **cup sour cream**
- **Milk**
- ¼ **cup shredded fresh basil**

1 In a small bowl combine olive oil and paprika. Brush corn and chicken with oil mixture. Lightly sprinkle with salt and pepper.

2 For a charcoal grill, grill chicken on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until chicken is no longer pink (170°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place chicken on grill rack over heat. Cover and grill as above.)

3 On cutting board place an ear of corn pointed end down. While holding corn firmly at stem end to keep it in place, use a sharp knife to cut corn from cobs; rotate cob as needed to cut corn from all sides. Repeat with the remaining ears of corn. Transfer kernels to a medium bowl; stir in sour cream. Season with additional salt and pepper. Stir in enough milk to make mixture of desired creaminess. Slice chicken breasts. Serve with corn and sprinkle with shredded basil.

NUTRITION FACTS PER SERVING:
309 cal., 13 g total fat (4 g sat. fat), 89 mg chol., 238 mg sodium, 14 g carb., 2 g dietary fiber, 2 g sugar, 36 g protein.

Mahi Mahi with Black Bean and Avocado Relish

START TO FINISH 30 minutes MAKES 4 servings

- **1 pound fresh or frozen skinless mahi mahi fillets**
- **2 tablespoons snipped fresh cilantro**
- **2 tablespoons snipped fresh oregano**
- **½ teaspoon finely shredded lime peel**
- **2 tablespoons lime juice**
- **1 tablespoon olive oil**
- **1 to 2 cloves garlic, minced**
- **¼ to ½ teaspoon bottled hot pepper sauce**
- **1 15-ounce can black beans, rinsed and drained**
- **1 medium avocado, seeded, peeled, and chopped**
- **Salt**
- **Ground black pepper**

1 Thaw fish, if frozen. In a small bowl combine cilantro, oregano, lime peel, lime juice, oil, garlic, and hot pepper sauce. For relish, in a medium bowl combine beans and avocado; stir in half of the cilantro mixture. Cover and chill relish until ready to serve.

2 Rinse fish; pat dry with paper towels. Lightly sprinkle fish with salt and pepper. Brush the remaining cilantro mixture over both sides of fish.

3 For a charcoal grill, grill fish on the greased rack of an uncovered grill directly over medium coals for 4 to 6 minutes per ½-inch thickness or until fish flakes easily when tested with a fork, carefully turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place fish on greased grill rack over heat. Cover and grill as above.)

4 Cut fish into serving-size portions. Divide three-fourths of the relish among dinner plates. Arrange fish on top of relish; spoon the remaining relish over fish.

NUTRITION FACTS PER SERVING:

255 cal., 10 g total fat (1 g sat. fat), 83 mg chol., 369 mg sodium, 18 g carb., 6 g dietary fiber, 29 g protein.

Mahi mahi is a mild-flavored, almost sweet fish. If it's not available at your grocery store, substitute: mackerel, tuna, or catfish. Catfish will be a little fattier than mahi mahi, but is readily available in most markets.

Salmon and Asparagus with Herb Mayonnaise

START TO FINISH **25 minutes** MAKES **4 servings**

- **4 6- to 8-ounce fresh or frozen skinless salmon fillets, about 1 inch thick**
- **½ cup finely chopped celery (1 stalk)**
- **⅓ cup mayonnaise**
- **¼ cup thinly sliced green onions (2)**
- **1 tablespoon lemon juice**
- **2 teaspoons snipped fresh tarragon or ½ teaspoon dried tarragon, crushed**
- **1 pound fresh asparagus spears**
- **1 tablespoon olive oil**
- **Sea salt or salt**
- **Freshly ground black pepper**
- **Lemon wedges (optional)**

1 Thaw fish, if frozen. For herb mayonnaise, in a small bowl stir together celery, mayonnaise, green onions, lemon juice, and tarragon. Cover and chill until ready to serve.

2 Rinse fish; pat dry with paper towels. Snap off and discard woody bases from asparagus. Lightly brush asparagus and fish with oil. Sprinkle with salt and pepper.

3 For a charcoal grill, grill fish and asparagus on the greased rack of an uncovered grill directly over medium coals for 8 to 12 minutes or until fish flakes easily when tested with a fork and asparagus is tender, carefully turning fish once halfway through grilling and turning asparagus occasionally. (For a gas grill, preheat grill. Reduce heat to medium. Place fish and asparagus on greased grill rack over heat. Cover and grill as above.)

Broiler Method: Prepare as directed, except preheat broiler. Place fish and asparagus on the greased unheated rack of a broiler pan. Broil about 4 inches from the heat for 8 to 12 minutes or until fish flakes easily when tested with a fork and asparagus is tender, carefully turning fish once halfway through broiling and turning asparagus occasionally.

4 To serve, arrange fish and asparagus on dinner plates. Top fish with herb mayonnaise. If desired, serve with lemon wedges.

NUTRITION FACTS PER SERVING:
545 cal., 41 g total fat (8 g sat. fat), 100 mg chol., 314 mg sodium, 6 g carb., 3 g dietary fiber, 37 g protein.

Grilling

Salmon with Cilantro-Pineapple Salsa

START TO FINISH 30 minutes MAKES 4 servings

- 1 **1-pound fresh or frozen skinless salmon fillet, about 1 inch thick**
- 2 **cups coarsely chopped fresh pineapple**
- ½ **cup chopped red or green sweet pepper (1 small)**
- ¼ **cup finely chopped red onion**
- 3 **tablespoons lime juice**
- 2 **tablespoons snipped fresh cilantro or parsley**
- ½ **teaspoon finely shredded lime peel (set aside)**
- 1 **small fresh jalapeño chile pepper, seeded and finely chopped***
- ½ **teaspoon chili powder**
- ¼ **teaspoon salt**
- **Dash cayenne pepper**
- **Lime wedges (optional)**

1 Thaw fish, if frozen. For salsa, in a medium bowl combine pineapple, sweet pepper, red onion, 2 tablespoons of the lime juice, 1 tablespoon of the cilantro, and the jalapeño pepper. Set aside.

2 Rinse fish; pat dry with paper towels. In a small bowl combine the remaining 1 tablespoon lime juice, the remaining 1 tablespoon cilantro, lime peel, chili powder, salt, and cayenne pepper. Brush lime mixture on both sides of fish. Place fish in a well-greased wire grill basket, tucking under any thin edges to make fish of uniform thickness.

3 For a charcoal grill, grill fish in basket on the rack of an uncovered grill directly over medium coals for 8 to 12 minutes or until fish flakes easily when tested with a fork, turning basket once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place fish in basket on grill rack over heat. Cover and grill as above.)

4 Cut fish into four serving-size portions. Top with salsa and, if desired, serve with lime wedges.

NUTRITION FACTS PER SERVING:
257 cal., 12 g total fat (2 g sat. fat), 66 mg chol., 219 mg sodium, 13 g carb., 2 g dietary fiber, 23 g protein.

***tip**

Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

Grilled Fish Tacos

START TO FINISH **30 minutes** MAKES **6 servings**

- **1 pound fresh or frozen skinless cod, sole, or flounder fillets, about ½ inch thick**
- **1 tablespoon lemon juice**
- **1 tablespoon olive oil**
- **1 teaspoon chili powder**
- **½ teaspoon ground cumin**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **12 7- to 8-inch fat-free flour tortillas**
- **1 recipe Pineapple Salsa**

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Arrange fish in a 2-quart square baking dish; set aside. For marinade, in a small bowl whisk together lemon juice, oil, chili powder, cumin, salt, and pepper. Pour marinade over fish; turn fish to coat with marinade. Cover and marinate in the refrigerator for 15 minutes. Drain fish, discarding any marinade. Meanwhile, stack tortillas and wrap in foil; set aside.

2 For a charcoal grill, grill fish and tortilla packet on the greased rack of an uncovered grill directly over medium coals for 4 to 6 minutes or until fish flakes easily when tested with a fork and tortillas are warmed, turning tortilla packet once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place fish and tortilla packet on greased grill rack over heat. Cover and grill as above.)

3 Transfer fish to a cutting board. Cut or flake fish into 1-inch pieces. Serve in warmed tortillas topped with Pineapple Salsa.

NUTRITION FACTS PER SERVING:
305 cal., 3 g total fat (0 g sat. fat), 33 mg chol., 823 mg sodium, 49 g carb., 0 g dietary fiber, 18 g protein.

Pineapple Salsa

In a medium bowl stir together 1 cup chopped fresh pineapple; ¼ cup chopped red sweet pepper; ¼ cup chopped red onion; 2 tablespoons snipped fresh cilantro; 1 fresh serrano or jalapeño chile pepper, seeded and finely chopped*; 1 teaspoon finely shredded lime peel; and ½ teaspoon salt.

***tip**

Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

Lemon and Herb–Grilled Trout Sandwiches

START TO FINISH 25 minutes MAKES 4 sandwiches

- **1 pound fresh or frozen ruby or rainbow trout fillets**
- **1 large lemon**
- **½ cup mayonnaise**
- **¼ cup snipped fresh basil or 2 tablespoons snipped fresh dill**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **4 ciabatta buns, split**
- **Fresh basil leaves (optional)**

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Cut lemon in half. Finely shred peel and squeeze juice from one lemon half; thinly slice the remaining lemon half and set aside.

2 In a small bowl combine lemon peel, lemon juice, mayonnaise, ¼ cup basil, salt, and pepper. Remove 2 tablespoons of the mayonnaise mixture and brush over fish.

3 For a charcoal grill, grill fish, skin sides up, on the rack of an uncovered grill directly over medium-hot coals for 1 minute. Carefully turn fish; grill for 5 to 7 minutes more or until fish flakes easily when tested with a fork. (For a gas grill, preheat grill. Reduce heat to medium-high. Place fish, skin sides up, on grill rack over heat. Cover and grill as above.)

4 While fish is grilling, add lemon slices and buns, cut sides down, to grill. Grill until grill marks appear on lemon slices and buns are toasted, turning lemon slices once halfway through grilling. Remove fish, lemon slices, and buns from grill.

5 If desired, remove skin from fish. Cut fish into bun-size pieces. Spread some of the mayonnaise mixture on buns. Top with fish, lemon slices, and, if desired, basil leaves. Add tops of buns. Serve with the remaining mayonnaise mixture.

NUTRITION FACTS PER SANDWICH:
518 cal., 30 g total fat (6 g sat. fat), 77 mg chol., 667 mg sodium, 32 g carb., 3 g dietary fiber, 29 g protein.

Cajun Shrimp Stir-Fry in a Grill Wok

START TO FINISH **30 minutes** MAKES **4 servings**

- **12 ounces fresh or frozen peeled and deveined medium shrimp**
- **2 tablespoons vegetable oil**
- **2 cups red and/or yellow sweet pepper strips (2 medium)**
- **1 cup thin onion wedges**
- **1 cup broccoli florets or zucchini chunks**
- **1 teaspoon Cajun seasoning**
- **Nonstick cooking spray**
- **¼ cup chopped pecans, toasted**
- **1 tablespoon snipped fresh parsley**
- **Lime wedges**

1 Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. In a small bowl combine shrimp and 1 tablespoon of the oil; toss gently to coat. Set aside.

2 In a large bowl combine sweet pepper strips, onion wedges, broccoli, and Cajun seasoning. Drizzle with the remaining 1 tablespoon oil; toss gently to coat.

3 Lightly coat a grill wok with cooking spray. For a charcoal grill, place grill wok on the rack of an uncovered grill directly over medium-hot coals. Heat wok for 5 minutes. Carefully add shrimp; grill for 2 to 3 minutes or until shrimp begin to brown, stirring occasionally. Add vegetable mixture; grill and stir for 4 to 6 minutes or until shrimp are opaque and vegetables are tender. (For a gas grill, preheat grill. Reduce heat to medium-high. Place grill wok on grill rack directly over heat. Cover and heat wok, then grill as above.)

4 Sprinkle shrimp mixture with pecans and parsley. Serve with lime wedges.

NUTRITION FACTS PER SERVING:
249 cal., 14 g total fat (1 g sat. fat), 129 mg chol., 185 mg sodium, 13 g carb., 4 g dietary fiber, 20 g protein.

Grilled Shrimp and Pineapple Skewers

START TO FINISH 30 minutes MAKES 4 servings

- 12 ounces fresh or frozen peeled and deveined jumbo shrimp
- ½ of a fresh pineapple
- ½ cup water
- 6 tablespoons orange marmalade
- 1 tablespoon soy sauce
- 1 8.8-ounce pouch cooked long grain rice
- ¼ cup snipped fresh cilantro

1 Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. Thread shrimp onto four metal skewers. Cut pineapple into 4 slices; core, if desired, and cut each slice into fourths to make 16 small wedges. Thread pineapple wedges onto four metal skewers.

2 In a small saucepan combine the water, 4 tablespoons of the marmalade, and the soy sauce. Brush shrimp and pineapple with some of the soy mixture.

3 For a charcoal grill, grill shrimp and pineapple skewers on the rack of an uncovered grill directly over medium coals for 7 to 9 minutes or until shrimp are opaque and pineapple is heated through, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place shrimp and pineapple skewers on grill rack over heat. Cover and grill as above.) Remove from grill; cover and keep warm.

4 In a small saucepan bring the remaining soy mixture to a full boil. Heat rice in the microwave oven according to package directions. Transfer rice to a serving bowl; stir in the remaining 2 tablespoons marmalade and cilantro. Serve shrimp and pineapple skewers with rice and the remaining soy mixture.

NUTRITION FACTS PER SERVING:
322 cal., 3 g total fat (0 g sat. fat), 172 mg chol., 451 mg sodium, 49 g carb., 2 g dietary fiber, 25 g protein.

tip

If time permits, you may use wooden skewers. But you'll need to soak them in water for at least 30 minutes. Drain before using.

Shrimp and Fruit Kabobs

START TO FINISH **30 minutes** MAKES **4 servings**

- **1 pound fresh or frozen peeled and deveined large shrimp***
- **½ teaspoon finely shredded lemon peel**
- **2 tablespoons lemon juice**
- **1 tablespoon canola oil**
- **2 cloves garlic, minced**
- **1 teaspoon snipped fresh dill or tarragon or ½ teaspoon dried dill or tarragon**
- **¼ teaspoon ground black pepper**
- **1½ cups peeled papaya cut into 1½-inch pieces**
- **¼ of a fresh pineapple, cut into 1- to 1½-inch pieces**
- **3 red plums, pitted and quartered lengthwise**

1 Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. In a small bowl stir together lemon peel, lemon juice, oil, garlic, dill, and pepper.

2 On eight 12-inch metal skewers** thread shrimp, papaya, pineapple, and plums, leaving ¼ inch between pieces. Brush with some of the lemon juice mixture.

3 For a charcoal grill, grill skewers on the rack of an uncovered grill directly over medium-hot coals for 5 to 8 minutes or until shrimp are opaque and fruit is heated through, turning occasionally during grilling and brushing once with the remaining lemon juice mixture halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place skewers on grill rack over heat. Cover and grill as above.)

NUTRITION FACTS PER SERVING:

213 cal., 6 g total fat (1 g sat. fat), 172 mg chol., 170 mg sodium, 17 g carb., 2 g dietary fiber, 24 g protein.

***tip**

For a more dramatic presentation, use shrimp with the tails left on. Start with 1½ pounds shrimp; peel and devein shrimp, leaving tails intact.

****tip**

If time permits, you may use wooden skewers. But you'll need to soak them in water for at least 30 minutes. Drain before using.

Grilled Shrimp and Romaine

START TO FINISH 25 minutes MAKES 4 servings

- 12 ounces fresh or frozen peeled and deveined large shrimp
- ¼ cup olive oil
- ½ teaspoon kosher salt or ¼ teaspoon salt
- 2 hearts of romaine lettuce, halved lengthwise
- ¼ cup finely shredded Parmesan cheese (1 ounce)
- 2 lemons
- Olive oil
- Kosher salt or salt
- Freshly ground black pepper

1 Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. Thread shrimp onto four 10-inch metal skewers. In a small bowl whisk together ¼ cup oil and ½ teaspoon kosher salt. Brush shrimp and cut sides of lettuce with oil mixture.

2 For a charcoal grill, grill shrimp skewers on the rack of an uncovered grill directly over medium coals for 5 to 8 minutes or until shrimp are opaque, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place shrimp skewers on grill rack over heat. Cover and grill as above.)

3 While shrimp are grilling, add lettuce, cut sides down, to grill. Grill for 2 to 4 minutes or until grill marks appear on lettuce and lettuce is slightly wilted.

4 Remove shrimp from skewers and place in a serving bowl; add lettuce to bowl. Sprinkle with cheese. Cut 1 of the lemons in half; squeeze juice over shrimp and lettuce. Drizzle with additional oil and sprinkle with additional kosher salt and pepper. Cut the remaining lemon into wedges; serve with shrimp and lettuce.

NUTRITION FACTS PER SERVING:
267 cal., 20 g total fat (3 g sat. fat), 133 mg chol., 514 mg sodium, 2 g carb., 0 g dietary fiber, 19 g protein.

*tip

If you own a grill wok, preheat it on the grill and toss in the shrimp instead of threading them onto skewers. Grill for 5 to 8 minutes or until shrimp are opaque, stirring frequently.

Tomato and Grilled Veggie Stacks

START TO FINISH **30 minutes** MAKES **6 servings**

- **1 medium eggplant,* cut crosswise into 6 slices**
- **2 medium yellow sweet peppers, seeded and each cut lengthwise into thirds**
- **3 tablespoons olive oil**
- **Salt**
- **Ground black pepper**
- **2 large tomatoes, each cut into 6 slices**
- **1 pound fresh mozzarella cheese, cut into 12 slices**
- **6 thin slices prosciutto**
- **Small fresh basil leaves**
- **1 tablespoon balsamic vinegar**

1 Brush eggplant slices and sweet pepper pieces with 2 tablespoons of the oil. Sprinkle with salt and pepper.

2 For a charcoal grill, grill eggplant and sweet peppers on the rack of an uncovered grill directly over medium coals about 8 minutes or until tender, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place eggplant and sweet peppers on grill rack over heat. Cover and grill as above.) Remove from grill. Cool to room temperature. If desired, cut each sweet pepper piece in half.

3 On dinner plates layer tomatoes, eggplant, cheese, sweet peppers, and prosciutto. Top with several basil leaves. Drizzle with the remaining 1 tablespoon oil and vinegar.

NUTRITION FACTS PER SERVING:
396 cal., 29 g total fat (11 g sat. fat), 60 mg chol., 911 mg sodium, 13 g carb., 4 g dietary fiber, 23 g protein.

***tip**

For best results, select an eggplant that has a diameter similar in size to the diameter of the tomatoes.

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Metric Information

The charts on this page provide a guide for converting measurements from the U.S. customary system, which is used throughout this book, to the metric system.

PRODUCT DIFFERENCES

Most of the ingredients called for in the recipes in this book are available in most countries. However, some are known by different names. Here are some common American ingredients and their possible counterparts:

- All-purpose flour is enriched, bleached, or unbleached white household flour. When self-rising flour is used in place of all-purpose flour in a recipe that calls for leavening, omit the leavening agent (baking soda or baking powder) and salt.
- Baking soda is bicarbonate of soda.
- Cornstarch is cornflour.
- Golden raisins are sultanas.
- Light-colored corn syrup is golden syrup.
- Powdered sugar is icing sugar.
- Sugar (white) is granulated, fine granulated, or castor sugar.
- Vanilla or vanilla extract is vanilla essence.

VOLUME AND WEIGHT

The United States traditionally uses cup measures for liquid and solid ingredients. The chart below shows the approximate imperial and metric equivalents. If you are accustomed to weighing solid ingredients, the following approximate equivalents will be helpful.

- 1 cup butter, castor sugar, or rice = 8 ounces = ½ pound = 250 grams
- 1 cup flour = 4 ounces = ¼ pound = 125 grams
- 1 cup icing sugar = 5 ounces = 150 grams

Canadian and U.S. volume for a cup measure is 8 fluid ounces (237 ml), but the standard metric equivalent is 250 ml.

1 British imperial cup is 10 fluid ounces.

In Australia, 1 tablespoon equals 20 ml, and there are 4 teaspoons in the Australian tablespoon.

Spoon measures are used for smaller amounts of ingredients. Although the size of the tablespoon varies slightly in different countries, for practical purposes and for recipes in this book, a straight substitution is all that's necessary. Measurements made using cups or spoons always should be level unless stated otherwise.

COMMON WEIGHT RANGE REPLACEMENTS

Imperial / U.S.	Metric
½ ounce	15 g
1 ounce	25 g or 30 g
4 ounces (¼ pound)	11 5 g or 125 g
8 ounces (½ pound)	225 g or 250 g
16 ounces (1 pound)	450 g or 500 g
1¼ pounds	625 g
1½ pounds	750 g
2 pounds or 2¼ pounds	1,000 g or 1 Kg

OVEN TEMPERATURE EQUIVALENTS

Fahrenheit Setting	Celsius Setting*	Gas Setting
300°F	150°C	Gas Mark 2 (very low)
325°F	160°C	Gas Mark 3 (low)
350°F	180°C	Gas Mark 4 (moderate)
375°F	190°C	Gas Mark 5 (moderate)
400°F	200°C	Gas Mark 6 (hot)
425°F	220°C	Gas Mark 7 (hot)
450°F	230°C	Gas Mark 8 (very hot)
475°F	240°C	Gas Mark 9 (very hot)
500°F	260°C	Gas Mark 10 (extremely hot)
Broil	Broil	Grill

**Electric and gas ovens may be calibrated using celsius. However, for an electric oven, increase celsius setting 10 to 20 degrees when cooking above 160°C. For convection or forced air ovens (gas or electric), lower the temperature setting 25°F/10°C when cooking at all heat levels.*

BAKING PAN SIZES

Imperial / U.S.	Metric
9x1½-inch round cake pan	22- or 23x4-cm (1.5 L)
9x1½-inch pie plate	22- or 23x4-cm (1 L)
8x8x2-inch square cake pan	20x5-cm (2 L)
9x9x2-inch square cake pan	22- or 23x4.5-cm (2.5 L)
11x7x1½-inch baking pan	28x17x4-cm (2 L)
2-quart rectangular baking pan	30x19x4.5-cm (3 L)
13x9x2-inch baking pan	34x22x4.5-cm (3.5 L)
15x10x1-inch jelly roll pan	40x25x2-cm
9x5x3-inch loaf pan	23x13x8-cm (2 L)
2-quart casserole	2 L

U.S. / STANDARD METRIC EQUIVALENTS

⅛ teaspoon = 0.5 ml
¼ teaspoon = 1 ml
½ teaspoon = 2 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml
2 tablespoons = 25 ml
¼ cup = 2 fluid ounces = 50 ml
⅓ cup = 3 fluid ounces = 75 ml
½ cup = 4 fluid ounces = 125 ml
⅔ cup = 5 fluid ounces = 150 ml
¾ cup = 6 fluid ounces = 175 ml
1 cup = 8 fluid ounces = 250 ml
2 cups = 1 pint = 500 ml
1 quart = 1 litre